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35 FOREVER BAGS
THE NEW WAY TO STYLE SPRING

THE EXTRAORDINARY
Cate Blanchett

THE MANDY WIENER REPORT
MEET SA'S FUNNIEST WOMEN
TUMI MORAKE, SHIMMY ISAACS PLUS MORE

WHAT'S UP DOWN THERE?
FROM KEGELS TO BOTOX, ALL YOUR QUESTIONS ANSWERED

THE scent ISSUE
PRIX DU PARFUM AWARDS + HOW TO BUILD A PERFUME WARDROBE

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'Elegance is not about being noticed, it's about being remembered. ' **Giorgio Armani**


Cate Blanchett
armanibeauty.com
Sì



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#SaySì


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OCT 2015



THIS MONTH WE LOVE

ON THE COVER

Photograph Tom Munro
Styling Naomi Smith, Elizabeth Steward
Hair Renato Campora/ The Wall Group
Make-up Mary Greenwell/ Premier Hair and Make-Up
Manicure Betty Rose/The Artist Group **Clothing** Giorgio Armani



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'I loved getting to know South Africa's female comedians in the Mandy Wiener Report. It's awesome to see women succeeding in a previously male-dominated field.'

DEVAKSHA VALLABHJEE content producer

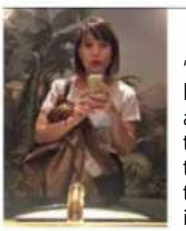
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'The Must Read ripped my heart out. It's so easy to forget that desperate refugees fleeing from war and dictators are people just like us, who deserve help and compassion.'

CHRISTINE VAN DEEMTER chief copy editor

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'This month the team fell in love with fragrance all over again. My favourite part of this year's Prix du Parfum is the beautiful illustrations of the winners, done by local illustrator Ruschka du Toit.'

KELLY FUNG fashion and beauty editor

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JIMMY CHOO

JOHANNESBURG SANDTON CITY DIAMOND WALK +27 11 326 6658



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STAY IN TOUCH

HEARING FROM YOU

1. @crisnacoetzee *As I was unpacking our homeware I found some of our souvenirs from Korea! The new @marieclairesa features a lovely editorial in the latest issue with #korean #hanbok and designer bags and I couldn't resist showing off my little hanbok and a picture of me in some traditional hanbok!*

2. @janinechambers85 *#MarieClaireSA Trunk Show #clothing #bubbly #champagne #girly #goodness*

3. @slatenailboutique *Always a pleasure having the @marieclairesa team here to be pampered @x_kellyfung_x @bettybecker*

BEHIND THE SCENES

4. @marieclairesa *Lead make-up artist @artist.nom of #SmashboxSA shares her favourite new product – the BB Water, a super light, water-like BB that glides on the skin. We tried it and loved it! #MCBeautyDesk*

5. @marieclairesa *The lovely @Thatomtshaki came in for a visit today – we love her military coat*

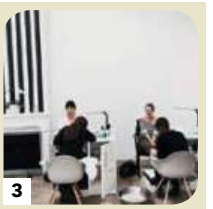
6. @marieclairesa *Team MC is at the @marieclairesa Trunk Show!*

WHAT GOT US THROUGH THE MONTH


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CAPE TOWN HEAD OFFICE

Associated Media Publishing, 21 St John's Street, Cape Town 8001; PO Box 3647, Cape Town 8000
tel 021 464 6200 fax 021 462 5846
email marieclaire@assocmedia.co.za

JOHANNESBURG OFFICE

First Floor South Wing, 3 Sandown Valley Crescent, Sandton 2196 tel 011 783 5500 fax 011 783 5489

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Michel Herbelin South Africa

ASPASIA ON
shifting homelands



'I donated a pair of jeans to the #EdgarsPieceOfMe campaign – Craig Jacobs of Fundudzi created a beautiful dress from the donated jeans, which was auctioned off for SOS Children's Villages South Africa'

MY MONTH ON INSTAGRAM



A regatta is a lovely thing – front-row hammock #AegeanRegatta2015 #Roditses beach #Samos



Love it when my plea to the universe is heard and answered instantly #CadburyDairyMilk #Silk #Thankyou



And the inimitable mademoiselle #Chanel perched per Serge Lifar's shoulder #MCCelebratesWomen



Getting a morning pick-me-up from #Sisley at the #JigsawSS15 launch #Yay

@AspasiaKarras **@aspasia_karras**

EVERY DAY ON my morning run for the past week, I have bumped into Syrian and Iraqi refugees. They are straight off the boat – quite literally. A thousand people a day have been landing on the beaches of Samos island, where my parents live and I have been visiting. They board big inflatable boats in Turkey in groups of 100 or more, carrying nothing, or a backpack at most. When they get close to the beach they pop the boats so that they are technically shipwrecked and therefore compelled to be saved by the coastguard. Once ashore, they walk like a line of marching ants with an inbuilt homing device into town.

There they get processed by authorities and within a day or two they are on a ferry bound for Athens. Nobody I spoke to seems to view Greece as their final destination. Given the financial drama of the last six years, I don't blame them. One family from Iraq explains that they decided to leave after the wife's foot was blown off in a bomb attack. They said they are going to Finland. It seemed just as improbable a scenario as our present conversational circumstances. There we were, standing on a sublime Greek coast, chatting as if it were a normal turn of events.

In further surreal developments, somebody from Syria stopped me for a selfie. He had to give his iPhone a good rub – 'I hope it isn't water damaged.' Along the road you see little piles of freshly abandoned clothes. The municipality has been inundated with so many people converging on the marina that cleaning the piles of refugee cast-offs is not high on the priority list. The piles of discarded clothes strike me as devastatingly derelict. Perhaps if you have nothing left, spare clothes are just an added burden.

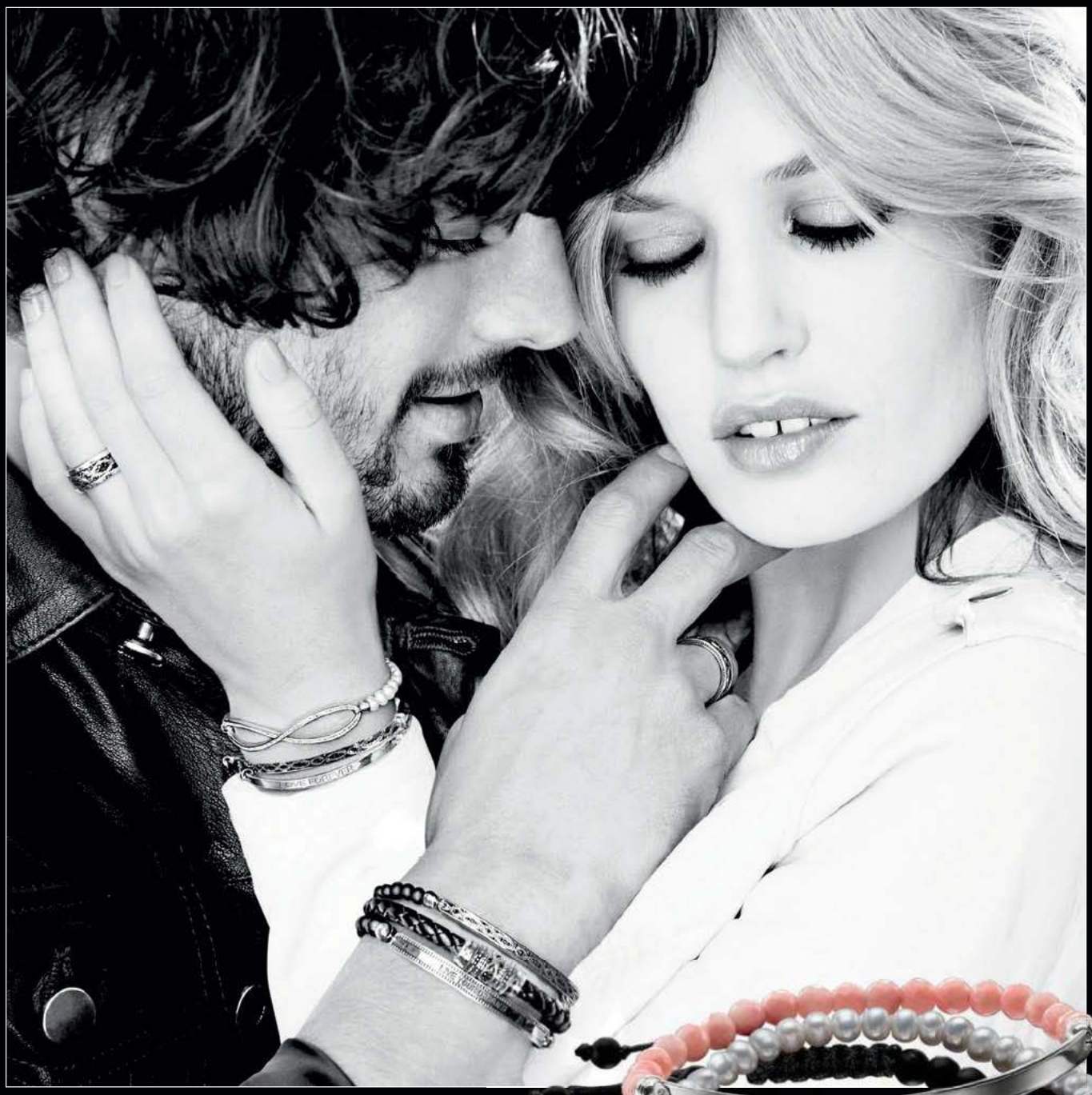
The last time the island had to deal with this number of refugees was almost a century ago in 1922, when the Greek population fled the sacking and burning of Smyrna (now called Izmir in Turkey) in whatever boats they could muster. Some of the Greek refugees settled on Samos and an incredibly lovely but ramshackle squatter camp that now makes for glorious tourist pictures on the slope of the main town became their higgledy-piggledy new start in life.

It seems apt that this new wave of refugees is landing here in Greece. This is a place that viscerally understands the need to flee your homeland. Successive waves of Greek migrants have left over the years (and are leaving in huge numbers now). This latest crisis is not the first. Consequently, nostalgia for everything that has been lost is the bittersweet leitmotif running through much of Greek culture. There is a reason Odysseus is our archetypal hero. Every family for the last 2 000 years has a least one wandering lost soul who is always trying to get home from the war. *Xenitia* is the word for this condition and its harsh root is *xenos*, which means 'a foreigner'. To exist in a perpetual state of foreignness is a kind of curse. To be unknown to others is almost akin to be unknown to yourself. To be a stranger in a strange land is a very specific tragedy. Greeks get it. Even though they are understandably slightly freaked out by the sudden onset of hundred of thousands of '*xeni*' storming their porous island borders.

We googled Homs because a Syrian I met on the road came from this city, where the war started. It looks like Berlin after the second world war. The 'before' pictures show a city that looks lovely, urbane and green. Syrians have a lot to be nostalgic about. Suddenly the beheading Isis militants destroying their heritage in Palmyra and enslaving women, suicide bombers in Afghanistan and Iraq, news stories that have permeated our antiseptic news bulletins, all look that much more real. Unlike the news pictures I have grown used to scrolling mechanically through, the people manifesting like jolly spectres asking for selfies on this beach road are the very real three-dimensional survivors of an unfolding and seemingly endless disaster. They are like a bad dream that has knocked on the door and asserted their right to existence. And some of them are walking to Finland where, perhaps, if they are very lucky, they can visit Father Christmas. Stranger things have happened.

x Aspasia


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TRENDS

marie claire



GIAMBATTISTA VALLI

PHOTOGRAPH IMAXTREE.COM

Turning heads.

Embrace the iconic cool of a French fashion muse and try this season's hottest shoe – the summer boot



@bettybecker

SHARON BECKER
fashion director

what SHARON LOVES

'Pair spring's soft neutrals in tailored shapes with gold accessories'



'Antiquity 2 (Dots)' by Jeff Koons

BLAZER TOP **R599** H&M

LOVE BRACELET IN PINK GOLD WITH 10 DIAMONDS **R180 000** CARTIER

BOTTEGA VENETA

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JO MALONE WOOD SAGE & SEA SALT COLOGNE 100ML **R1 480**

T-SHIRT **R900** SCOTCH & SODA

APPARTEMENT À LOUER EARRINGS **R1 900** CATHERYNE GAEYLA FASHION

FENDI SUNGLASSES **R5 400** SAFILO

TROUSERS **R599** H&M

CULLOTTES **R579** FOREVER 21

ROBERT CLERGERIE SANDALS **R6 565** TIK LEE

ERMANNO SCERVINO BAG **R32 400** CATHERYNE GAEYLA FASHION

MICHEL HERBELIN NEWPORT WATCH **R14 950** LUXCO



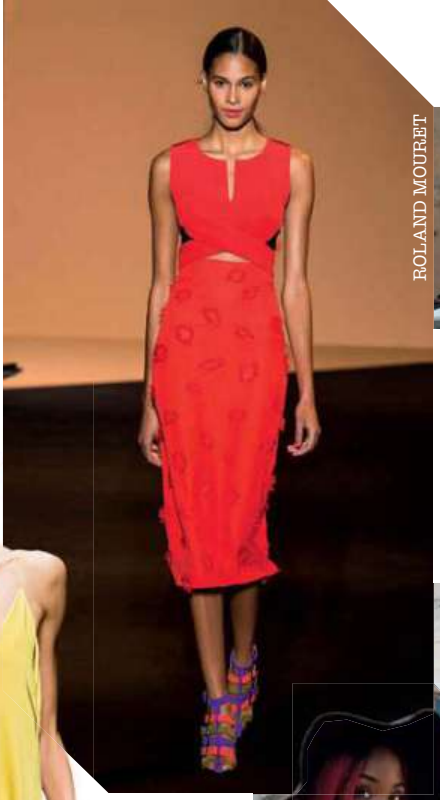
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V&A WATERFRONT AND SELECTED WOOLWORTHS STORES

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CHLOÉ



ROLAND MOURET





RULE 1
Wear a simple shoe in a neutral shade or a colour similar to your skin tone.

MARC JACOBS



RULE 2
You don't always have to go matchy matchy. A detail like a different coloured sock can take your look to a new level.



RULE 4
Choose a fabric like lace in these bright tones to instantly prettify and modernise.



GUY LAROCHE

RULE 3
Go full colour and wear accessories in an equally bold shade.



BARBARA BUI





RALPH LAUREN

RULE 5
When wearing bold colours, keep your hair slicked back and your make-up neutral.

CATWALK TO STREET

SHADES OF CITRUS

Throw a colour punch at your wardrobe with extra bright citrus shades of canary yellow and blood orange

COMPILED BY KELLY FUNG **PHOTOGRAPHS** IMAXTREE.COM

RI/MC_SEPTEMBERH15




BOSS

SANDALS


R799 VINCE CAMUTO


R1 299 MIMCO


R599 COTTON ON


R6 150 VERSACE COLLECTION

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PRODUCTION ASSISTANTS ROBIN-JADE CAROLUS, KATE VOGES

SIGNATURE LOOK

SANDALS **VS** *SUMMER BOOTS*

The classic sandal and the ankle bootie battle it out as this summer's approach to a heel


VERA WANG

SUMMER BOOTS


R1 399 TRENERY


R1 790 CLARKS


R1 099 VINCE CAMUTO


R 5 199 TIGER OF SWEDEN


R1 699 MIMCO


R1 699 MIMCO


Brooklyn Canal Walk Cavendish Clearwater Cresta Eastgate Four ways Gateway Menlyn Riverside Sandton City V & A Woodlands
NINE WEST
NINEWESTSOUTHAFRICA.CO.ZA

EARRINGS **R399** MIMCO

SLEEVELESS BLAZER **R499**
FOREVER 21

SHORTS **R599** TRENERY

JIMMY CHOO SUNGLASSES
R5 250 SAFILO

DIOR

BROGUES **R11 299** DAY BIRGER ET MIKKELSEN

BAG **R1 199** H&M

@WORK

SKY HIGH

With high heels and sky blue tones, Dior inspires our office look this month

BOOTS **R2 999** CASTELO

SOFIE D'HOORE SHIRT
R3 295 TIK LEE

GREY HIDE
IRON CHAIR
R2 995
WEYLANDTS

TAG HEUER
AQUARACER
WATCH
R59 995
PICOT
& MOSS

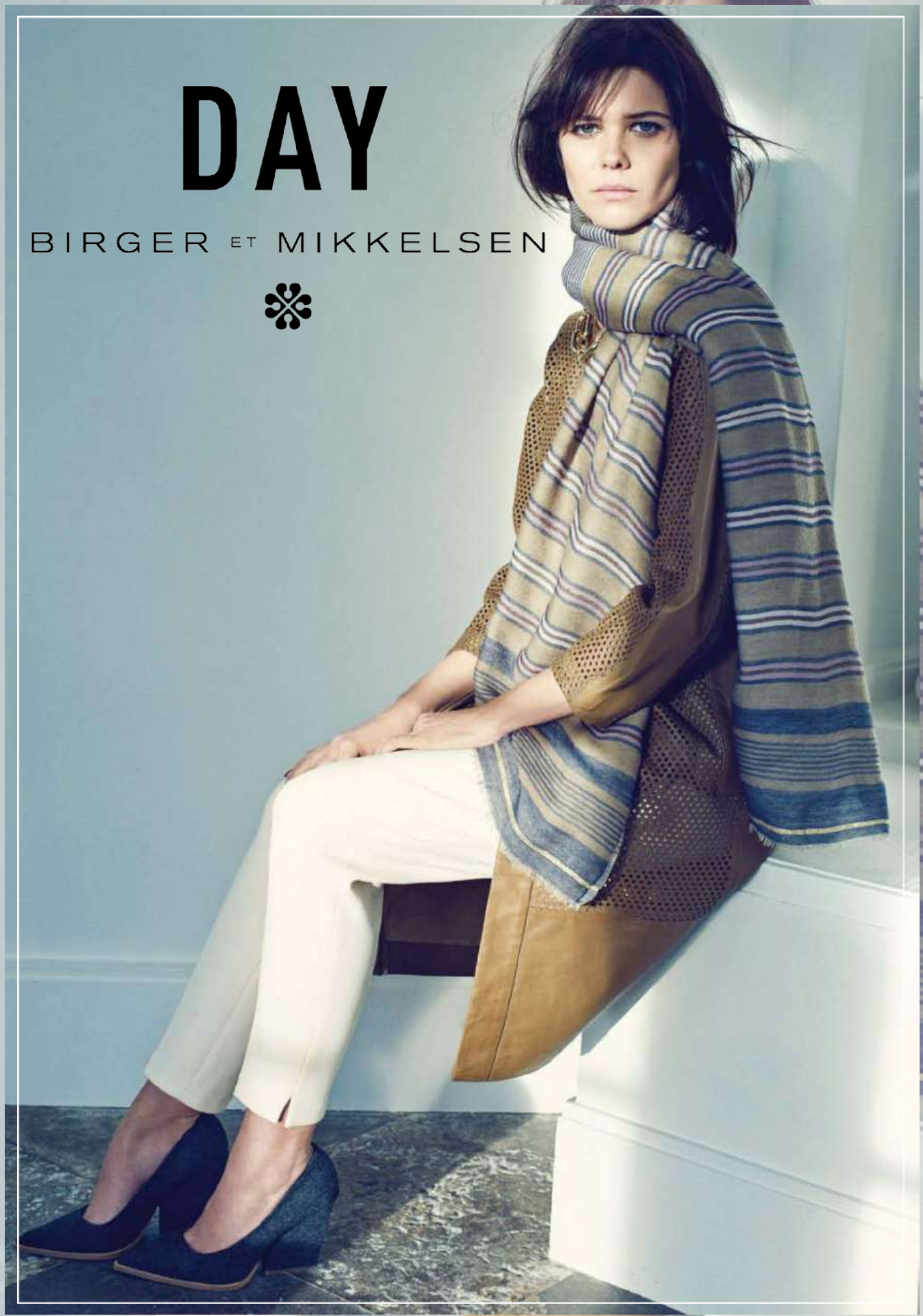
FUJIFILM INSTAX MINI 8 CAMERA
R899 SUPERBALIST

RONDO
PEN **R139**
ORDNING
& REDA

MILA P BAG **R13 350** HUGO BOSS

BOOTS **R2 790** DUMONT

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DAY BIRGER ET MIKKELSEN | HYDE PARK CORNER | SHOP UM33 | 011 447 0839



DKNY SKIRT
R8 395
TIK LEE



SKIRT **R599** H&M



CHROME COURT SHOES **R2 299** PALAZZO PITTI



SHIRT **R3 100** HUGO BOSS



BAG **R340** COLETTE BY
COLETTE HAYMAN



TOM FORD SUNGLASSES **R4 800**
SDM EYEWEAR

STYLE FILE

FRANÇOISE HARDY

Channel the iconic style of the French singer, actor and fashion muse with 60s-inspired pieces



CHLOÉ

SKAGEN WATCH **R2 999**
FOSSIL GROUP SA

BAG **R2 550** MISSIBABA



BOOTS **R5 199**
TIGER OF SWEDEN



VEST **POR** FOREVER NEW



TUNIC **R749** H&M

BELT **R2 555** LUISA SPAGNOLI



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BALENCIAGA

JEWEL NEWS

This season is all about delicate pendants in pink-gold tones

TRI-COLOUR KNOT PENDANT **R1 499**
ARTHUR KAPLAN

AMULETTE DE CARTIER
NECKLACE **R48 000** CARTIER

ÂME DE STAR TRINITY NECKLACE
R15 500 MONTBLANC

18CT WHITE GOLD AND DIAMOND KEY PENDANT
FROM R7 995 BROWNS THE DIAMOND STORE

ROSE GOLD KEY PENDANT **FROM R2 995**
BROWNS THE DIAMOND STORE

ROSE NECKLACE **R22 400** PIAGET

PRODUCTION DANIELLE VILJOEN **PHOTOGRAPHS** IMAXTREE.COM, SUPPLIED



FANDAM|AK2015|05A|E

In ancient mythology, seahorses are imagined as tiny sea dragons, bearing good fortune. The vivid gemstones and organic forms of our **Dream in Colour** designer collection bring this powerful symbolism to mind, imbuing the wearer with love and good fortune.

Sultry Amethyst, Brazilian Garnet and Smokey Quartz set in rose gold
Left **R5 999** Right **R7 999**

ARTHUR KAPLAN



@Kellynfung
@x_kellyfung_x

KELLY FUNG
fashion & beauty editor

what KELLY LOVES

'My round-up of the best products you need to try as summer struts in'



WORDS KELLY FUNG **PHOTOGRAPHS** JUDD VAN RENSBURG, PAUL SAMUELS, IMAXTREE.COM

1

Chanel Le Volum Ultra Noir de Chanel R485

The brush coats every single lash and the black is so intense that it defines the lash as well as the eye, acting like an eye liner. Love!



2

MAC Giambattista Valli Matte Lipstick in Tats and Eugenie R230 each

Giambattista Valli paired with MAC to turn his famously feminine aesthetic into a collection of five limited-edition matte lipsticks. It contains shades that will suit every personality and skin tone, from a sweet blush to a vampy red. I might collect them all just for the packaging!

3

Sensai Cellular Performance Extra Intensive Mask 75ml R3 685

This mask got me at first smell with its gentle floral fragrance. Once massaged in, the combo of botanical oils melts into your skin. Leave it on overnight for supple, smooth and re-energised skin come morning.



4



Davines Texturizing Dust R300

There is a long list of uses for the dust inside this bottle and my hair is now addicted. Lightly dust around the roots for oomph on the volume factor or rub it through the hair for extra texture and grip. It's also great for a matte finish when your hair is a little on the greasy side and you don't have time to wash it.

5



Bio Effect EGF Serum 15ml R1 585

The Icelandic skincare brand, one of my favourites, has joined up with artist Hrafnhildur Árnadóttir for a special edition of its brilliant, award-winning serum. It works wonders using cellular-activator ingredients found in plants to speed up the renewal process.

marie claire .co.za

WIN!

Visit our website to see how you can win Kelly's edit of new products

6



Africology Scented Candle R340

Create a calming environment with this range of decadent candles made from beeswax, essential oils and soy flakes.

Unilever

Dove
ADVANCED
HAIR SERIES

For Nourishment + 5x silkier hair.*

Dove Pure Care Dry Oil



*Wet hair. Shampoo and conditioner vs non-conditioning shampoo.

K_DAHSM_16600815



DOLCE & GABBANA LIGHT BLUE SUNSET IN SALINA EDT 100ML **R1 310**



DOLCE & GABBANA LIGHT BLUE SWIMMING IN LIPARI POUR HOMME EDT 125ML **R1 270**

Dolce & Gabbana Light Blue

Iconic Light Blue has always evoked summer holidays – and these two new complementary limited-edition additions to the collection are no different. They are inspired by the sunsets and blue waters of the Italian islands Salina and Lipari – Sunset in Salina is sweet and zesty with notes of orange flower and jasmine, while Swimming in Lipari evokes the ocean with a spicy seawater scent. Notes of grapefruit, rosemary and mandarin give it a masculine feel.

Sensai The Silk If you like a rich oriental fragrance, you'll love Sensai The Silk EDP. Its distinct peppery top note is warm and attractive, while the amber in the middle keeps the floral notes from being too light and sweet. This combination gives it an inviting incense scent – try it in the evening or on a long day, as it settles well into the skin.



SENSAI THE SILK EDP 50ML **R2 150**



BIO OIL It's cancer awareness month and Bio Oil is joining the cause with its 'Look Good Feel Better' campaign. Along with other beauty brands, Bio Oil holds workshops for cancer patients to address the side-effects of cancer treatment. Since Bio Oil can be used all over the body, side-effects such as dry skin, chapped lips, surgical scarring, itchiness and flaking can be treated. The programme has helped more than 30 000 patients in South Africa so far. *Lgfb.co.za*



GIORGIO ARMANI SÌ PERFUME OIL 30ML **R1 395**

ON THE BEAUTY DESK

These new perfume launches tickled our senses this month

GIORGIO ARMANI SÌ PERFUME OIL

The second-best part about finding the perfect fragrance is finding one that lasts all day. Fragrance layering helps but Giorgio Armani has another option – its new Sì perfume oil. It is an alcohol-free, more intense version of the signature scent, with a combination of nourishing oils like argan, sweet almond and macadamia that won't dry out skin. A few drops on your pulse points will last the whole day and settle subtly on the skin.



HOUGHTON

TREND ALERT

ATHLETIC GLOW

The runways are simplifying beauty for us by taking inspiration from sport. Paul Smith and Houghton showed bare-faced models with glowing skin, as if covered in perspiration. This look, paired with a strong brow, matte bronzer in the hollows of the cheeks and a semi-glossed lip, has a soft, masculine feel.



GOSH PRIMER PLUS BASE PLUS HYDRATION 30ML **R210**



BENEFIT HOOLA BRONZING POWDER **R345**

marie claire .co.za

TESTED

Find your new favourite long-lasting fragrance for summer days on our website

COMPILED BY NOKUBONGATHUSI **PHOTOGRAPHS** JUDD VAN RENSBURG, COURTESY OF MAC COSMETICS SS15, SUPPLIED



Lipidol is a range of six new oils for daily skincare. Featured product: Lipidol Cleansing Body Oil 200ml. Washes off dirt without stripping the skin's natural oily layer. Available at selected Clicks stores at the recommended retail price of R79.95. lipidol.com



BEAUTY ON A BUDGET

Shades of sorbet are high on our trend list

COMPILED BY KELLY FUNG PHOTOGRAPH JUDD VAN RENSBURG

marie claire .co.za

HOW TO
Our beauty team shows you how to use pastel make-up on our website



INSTANT SKIN CALM

Feel immediate relief from hypersensitive, rosacea-prone skin with the new Eucerin AntiRedness Concealing Day Care Tinted SPF25

1 UNDERSTANDING THE CAUSE
Hypersensitive, rosacea-prone skin has a weakened skin barrier and reduced sensitivity tolerance. This leaves skin vulnerable to irritations and causes the nerves in the upper layers of the skin to hyper-react.

2 INSTANT, LONG-LASTING SKIN COMFORT AND REDNESS RELIEF
Eucerin AntiRedness Concealing Day Care Tinted SPF25 contains a new generation of fast-acting ingredient SymSitive*, which regulates sensitivity at its source (the epidermal nerve fibre), while Licochalcone A reduces inflammation.

3 FOR EVERYONE
It's ideal for: hypersensitive skin, rosacea/couperose-prone skin and facial dermatitis or for use after laser treatments, chemical peels or microdermabrasion, when skin is sensitive and reddened.

4 CLINICALLY PROVEN RESULTS
The Eucerin AntiRedness formula is clinically proven to provide instant and long-term relief from skin sensitivity and is highly skin tolerable**. Redness is reduced and skin looks visibly more even. Free of perfumes, paraffins, preservatives, parabens and alcohol.



EUCERIN ANTIREDNESS CONCEALING DAY CARE TINTED SPF25 50ML **R300**

Our face is intimately linked to our self-confidence. So when our skin is hypersensitive or reddened, the emotional and psychological stress can sometimes be far worse than the physical symptoms themselves. Hypersensitive, rosacea-prone skin is characterised by skin dryness, redness and inflammation. It also feels uncomfortable and tight and can burn, itch and sting. **The green pigment in Eucerin AntiRedness Concealing Day Care reduces the appearance of redness – for an instant, even-looking skin tone. Eucerin.co.za**

Eucerin®
MEDICAL SKIN SCIENCE THAT SHOWS

Available at Dis-Chem, selected Clicks stores and pharmacies.

* reg.tm of Symrise AG, Germany.
** Clinical study results for product efficacy of AntiREDNESS Soothing Care and AntiREDNESS Concealing Day Care. In each study 55 women (19-60 years) with sensitive to very sensitive skin, partially with rosacea/couperosis, were enrolled. The skincare products were applied twice daily for four weeks in a split-face design.



ROKSANDA

UNDERSTANDING ROSACEA

Flushed, rosy skin isn't always the beauty ideal – not when it's caused by rosacea, a common skin condition that causes redness and sensitivity

WHAT IS ROSACEA?

It's a chronic skin condition characterised by hypersensitivity, inflammation, redness, visible blood vessels and spots. A study by Eucerin showed that 50–70% of people have self-perceived sensitive skin, which can be dry, red and itchy. Robyn Brown of medicines company Omega Labs says, 'Rosacea is believed to be caused by a combination of factors, like vascular disorders, extreme temperature changes, stress and chemical agents. It can also be triggered by UV exposure and alcohol.' Rosacea is more frequently diagnosed in women than men and, while there is no cure and the cause is often unknown, treatment can help alleviate the symptoms.



01.



02.



03.

RECOMMENDED PRODUCTS

01. EUCERIN ANTIREDNESS CONCEALING DAY CARE TINTED SPF25 50ML **R230**
02. BIONIKE DEFENCE ROSYS INTENSIVE DROPS 15ML **R195**
03. QMS MEDICOSMETICS REPAIR 3 COMPLEX RRR CREAM SERUM 30ML **R1 400**

TYPES OF ROSACEA

There are commonly four types of rosacea but sufferers can exhibit symptoms from more than one type

1 **VASCULAR ROSACEA** is identified by redness, flushing of the face and dilated blood vessels. It's not as severe and can usually be attended to with topical creams or laser treatments.

2 **INFLAMMATORY OR PAPULOPUSTULAR ROSACEA** is identified by acne-like bumps on the skin, which is easily mistaken for normal acne but can also include raised red patches.

3 **PHYMATOUS ROSACEA** is when there is a thickening of the skin, usually around the nose.

4 **OCULAR ROSACEA** affects the eyes, making them bloodshot, itchy or swollen. This type is more severe and if it's not treated quickly, it can affect vision.



04.

RECOMMENDED PRODUCTS

04. COMFORT ZONE SKIN RESONANCE REMEDY OIL 25ML **R635**
05. URIAGE ROSÉLIANE ANTI-REDNESS CREAM 40ML **R230**



05.

marie claire .co.za

WIN!
We're giving away a rosacea treatment hamper from Dermalex on our website

TREATMENT TO TRY

LASER BROADBAND LIGHT

WHAT IT DOES Light energy or photothermal energy stimulates new collagen production. The upper layers of the skin are heated up and the laser eliminates any fine blood vessels that cause redness and blends out the skin's natural colour.

PRICE From R695

WHERE The Melrose Aesthetic Centre *Melroseskin.co.za*



06.

06. BIODERMA SENSIBIO AR BB CREAM IN LIGHT 40ML **R280**

COMPILED BY NOKUBONGA THUSI **PHOTOGRAPHS** JUDD VAN RENSBURG, COURTESY OF MAC COSMETICS, SUPPLIED


ENJOY A FIRM BUM IN JUST 2 WEEKS.
NIVEA
Body Lotion
Firming
Q10
energy+
Q10 • Creatine • L-Carnitine
NORMAL SKIN
NEW
Q10 COMPLEX ACTIVELY INCREASES YOUR SKIN CELLS' ENERGY, HELPING TO FIRM AND TONE YOUR SKIN WHERE YOU NEED IT MOST.
NIVEA.co.za

HOW TO BUILD A *fragrance* wardrobe



Your scent should form part of your wardrobe, playing to your mood and the occasion. Beauty editor KELLY FUNG shows you how to build your scent collection

SIGNATURE SCENTS

It's always been important to have a 'signature scent' – the fragrance that encapsulates you in one, repeat-bought bottle. Your mother had one, as did her mother – we sum up the women in our lives by their fragrances. This idea, however, is changing. To simplify women to one idea – be it fashion or fragrance – is outdated. While we still have our favourite fragrances for a hot date or a power meeting, what about the in-between moments? This is where a fragrance wardrobe comes in.

PERFUME GETS PERSONAL

The new fragrance trend is about building a wardrobe of scents, as you would with clothes. Rather than sticking to one perfume or rotating randomly between multiple scents, the new way of approaching fragrance is to treat it as part of your outfit, like adding a scarf or belt. Fragrance should be as varied as a woman's personality; each choice representing a mood or frame of mind. Many beauty houses have picked up on this trend, releasing multiple perfumes at once as either a pairing of day and night or a full collection within the same franchise. The Estée Lauder Aerin collection or Bulgari Le Gemme range both make room for various moods. Ultimately, it's about creating a personal collection. Fragrance expert Chandler Burr, author of *Dior: The Perfumes* (R1 823, Rizzoli International Publications) says, 'Perfumes are works of art; it's about curating a collection.' Perfume isn't a mysterious luxury any more – it's available and accessible across all price points, which means it's a far more approachable concept and fun to collect.

BUILDING YOUR WARDROBE

There are no steadfast rules to building your personal collection but we have a few guidelines to get you started.

Citrus and green accords are light and refreshing – perfect for when you're feeling casual, easy-going and playful.

Feeling the need to be more subtle? Offices, planes and intimate restaurants call for a softer scent that won't impose on others. Look for one with understated blends and a discreet sillage (scent trail) – woody notes and citrus top notes are key.

A versatile, day-to-night perfume is a must when you're on the go. A woody floral or oriental scent is subtle enough for day but has a distinct enough character to translate to evening.

For a bold and daring night-time fragrance, use a more intense version of your favourite scent. Alluring amber notes and powerful oriental blends are perfect.

FRAGRANCE WARDROBE MUST-HAVES

The plain white T-shirt

Calvin Klein CK One 100ml **R770**

This unisex fragrance of citrusy top notes and woody base notes is a perfect easy-to-wear, suits-everyone scent.





The statement leather bag

Hermès Jour d'Hermès Absolu 85ml **R1 980**

A voluptuous, intense floral fragrance that evokes femininity and sophistication.

The silk shirt



Stella McCartney Stella EDT 50ml **R825**

A light fragrance of Bulgarian rose that contrasts masculine and feminine notes.



The trench coat

Burberry My Burberry EDP 90ml **R1 400**

Bergamot gives this fragrance its crispness and classic feel.



The seductive black dress

Alaïa Paris EDP 50ml **R1 125**

Wear this scent of pink pepper, freesia, peony and musk like a second skin.

PHOTOGRAPHS TRAVYS OWEN, SUPPLIED





PRIX DU PARFUM







If there's one issue our beauty team can't wait for, it's this one: the scent issue – a month of celebrating and appreciating perfume as we prepare for our annual Prix du Parfum awards. This year was no different, but perhaps a touch more special as we were hosted by the brand-new Spa at Four Seasons Hotel The Westcliff. It's a truly luxurious setting and a pampering paradise, which proved a fitting location for the difficult task of selecting the winners from the top fragrances launched in 2014.

The judging panel comprised myself and our beauty assistant, Nokubonga Thusi, along with our editor, Aspasia Karras, and fashion director, Sharon Becker. We were also joined by Ruby Stroud, assistant spa manager of Spa at Four Seasons Hotel The Westcliff, and actor Thembi Seete. We shared our thoughts, opinions and stories about every bottle that passed under our noses, deliberating which entry would take first prize. The competition was tough, with an outstanding selection of entries this year!

Thank you to all the beauty houses for entering their top fragrances, as well as the Spa at Four Seasons Hotel The Westcliff for being such gracious hosts, sharing their expertise and treating us to a memorable and much-needed lunch at their Flames restaurant post judging.

The votes have been cast… and on the next few pages you will see who walked away with our top honours – and please take a moment to enjoy the beautiful illustrations done by my favourite illustrator, Ruschka du Toit (@ruschkadutoit).

Enjoy! Kelly





2015







COMPILED BY KELLY FUNG, NOKUBONGA THUSI **ILLUSTRATIONS** RUSCHKA DU TOIT **PHOTOGRAPHS** BIANCA THERON, DEJI DADA, SUPPLIED

marie claire .co.za

WIN!
We're giving away a bottle of perfume every day for 14 days on our website

Little Black Book

The Four Seasons Westcliff:
www.fourseasons.com/johannesburg
@FSJohannesburg

www.alaiaparfum.com



ALAÏA

PARIS

Prix du Parfum

Our beauty team, along with the local judging panel, reveal the winners of our fragrance awards



BEST BOTTLE

Narciso Rodriguez Narciso EDP 50ml R1 125

2nd

Marc Jacobs
Daisy Dream
EDT 50ml
R1 030



3rd

Dolce & Gabbana
Dolce EDP 75ml
R1 215



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BEST WOMEN'S FRAGRANCE

Burberry My Burberry EDP 90ml R1 400



2nd

Giorgio Armani Sì Intense EDP 50ml R1 395





3rd

Tom Ford Mandarino Di Amalfi EDP 50ml R2 325


Light up the town
Elizabeth Arden
ALWAYS RED
Elizabeth Arden
ALWAYS
RED
The daring new fragrance
©2015 Elizabeth Arden, Inc.

BEST INNOVATION & CREATIVITY

Jo Malone Wood Sage & Sea Salt Cologne 100ml R1 480



2nd

Aerin Evening Rose EDP Spray Atomisateur 50ml R1 495



3rd

Giorgio Armani Sì Intense EDP 50ml R1 395



2nd

Dolce & Gabbana Light Blue EDT 100ml R1 330



3rd

Bulgari Jasmin Noir EDP 50ml R1 195



MOST ICONIC FRAGRANCE

Paco Rabanne Lady Million Eau My Gold! EDT 50ml R800



SPECIAL MENTION

Michael Kors EDP 30ml R720



2nd

Onika by Nicki Minaj EDP 50ml R495



3rd

One Direction Our Moment EDP 50ml R595



BEST CELEBRITY FRAGRANCE

Rogue by Rihanna EDP 30ml R495

COMPILED BY KELLY FUNG **ILLUSTRATIONS** RUSCHKA DU TOIT **PHOTOGRAPHS** BIANCA THERON, SUPPLIED

Prix du Parfum

INTERNATIONAL AWARDS

Beauty directors around the world judged the best of what the fragrance world has to offer. Here are their winners



BRITISH JURY PRIZE 2015
Burberry
My Burberry
EDT 90ml
R1 400



BEST INNOVATION & CREATIVITY
Jo Malone London
Wood Sage & Sea Salt Cologne
100ml R1 480

THE FINALISTS
Viktor & Rolf Bonbon, Givenchy Dahlia Divin, Dolce & Gabbana Dolce, Guerlain La Petite Robe Noir Couture, Chloé Love Story, Estée Lauder Modern Muse, Burberry My Burberry, Prada Candy Florale, Calvin Klein Reveal



BEST WOMEN'S FRAGRANCE BOTTLE
Dolce & Gabbana
Dolce EDP 75ml
R1 215

THE FINALISTS
Yves Saint Laurent Black Opium, Balenciaga B, Bottega Veneta Knot, Cartier La Panthère, Chloé Love Story, Burberry My Burberry, Calvin Klein Reveal, Lancôme Trésor La Nuit, Tom Ford Velvet Orchid



BEST WOMEN'S FRAGRANCE
Chloé Love Story EDP 50ml
R1 170

THE FINALISTS
Yves Saint Laurent Black Opium, Givenchy Dahlia Divin, Dolce & Gabbana Dolce, Maison Francis Kurkdjian Feminin Pluriel, Bottega Veneta Knot, Cartier La Panthère, Estée Lauder Modern Muse, Burberry My Burberry, Annick Goutal Vent de Folie

marie claire
PRIX INTERNATIONAL DU PARFUM 2015


No.1
HAIR CARE BRAND
IN SOUTH AFRICA*
TRESemmé
PROFESSIONAL. AT YOUR FINGERTIPS.™
REVERSES
THE LOOK OF UP TO
2 YEARS OF
DAMAGE**
NEW
PLATINUM STRENGTH™
Salon-quality formula reinforces hair's
natural protective barrier for healthy-looking
hair that stands up to styling.
TRESEMME.CO.ZA
* The one brand that sells more packs in South Africa than any other brand. AC Nielsen (May 2015)
** When using Shampoo & Conditioner as a system vs non-conditioning Shampoo
VERVE 103119207
FEEL SALON GORGEOUS EVERY DAY



SMART
is beautiful

NEW



Introducing the new Environ Intensive **Avance DFP 312™** Cream.

Scientifically formulated with 3 *super-smart* peptide complexes, this specialised cream is your *ultimate* time defying solution.

Programmed to work in synergy with your skin, this luxurious *multi-functional* trilogy of smart peptide complexes assists in smoothing out lines and wrinkles so that your skin appears plumper, softer and more youthfully radiant.

Smart is beautiful. Smart is timeless.
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Compiled by SYLVIA McKEOWN *and* SARAH KOOPMAN





Photographer Cristina de Middel

NIGERIA

A FLASH OF FANTASY

Using Nigerian author Amos Tutuola's book *My Life in the Bush of Ghosts* – a story of a boy lost in a mythical place – as a guide, Spanish photographer Cristina de Middel set out to change perceptions of Lagos's floating slum of Makoko. *Marie Claire* speaks to her about her project, titled 'This is What Hatred Did'

You started out as a photojournalist. How did you make the move to a narrative approach to your work?

There is always a real source for the stories I make, based on contemporary issues and problems. To explain these stories I use fiction, fantasy, clichés and imagination. The language is more fictional because I believe the photojournalism language is exhausted and doesn't engage with people any more.

My first priority is to have fun when I am shooting and I think it translates into the work.

How do you create your images?

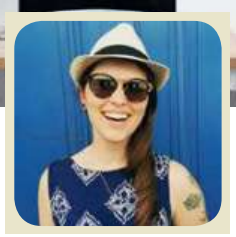
I always leave things to chance. I create a situation that is weird, like maybe a ghost birthday party, and then I get the birthday cake and the clothes for the ghost and put everything there and see what happens.

Do you feel you're changing perceptions?

I am very happy with the work but time will tell how other people receive it.







@niamhmp

NEW YORK

A NEW ONLINE VISION

USING THE COLLABORATIVE power of crowdsourcing, New Yorker Niamh Parsley developed an online image description tool to help visually impaired people navigate the internet. Her browser extension, Depict, gives descriptions of images on the internet, provided by volunteers via the website, which are then read aloud to Depict users as they scroll over it. 'I want to get people thinking about web accessibility,' Niamh says. Through Depict's volunteers she hopes to spread the word – and awareness – around accessibility and opening the door to all users. *Depictfor.us*



Columnist Mabale Moloi

on my mind

I DON'T KNOW WHY SHE DOES IT

@MabaleMoloi

I RECENTLY OVERHEARD a conversation between two high-powered women complaining about how only women get asked how they manage a career, marriage and family. The question, they believe, is patronising. Why don't men have to put up with it? I wonder whether women are being short-changed by having to bear the cross of 'multitasking'. Have you noticed how men happily cheer us on and agree as we climb on to our pedestals shouting about all the things we can do (at the same time) that they can't? They don't really care because they know we are going to end up doing it all for them. Dare I say, ladies, we have been duped. And a lot of the blame falls squarely on our shoulders. Are we really surprised that we burn out from doing everything? Does it make sense to say the question, 'How does she do it?' is patronising because clearly women are doing it all, willingly so? I am more concerned with a different question: *why* are we doing it all? Often, it's because we believe if we don't do it, no one will. Having it all – a successful career, healthy marriage and happy family – depends more on whether you want it all or not. I wonder whether part of the problem is that we want it all at once. Maybe it is more important to tick off our achievements systematically, instead of trying to achieve everything at the same time – thereby giving ourselves, and those around us, the short end of the stick.



'The way to feel alive is to change and to try things, to stimulate yourself, to do the things you're afraid of'

NATALIE PORTMAN on stepping out of your comfort zone



'REBEL! WHEN YOU LOSE YOUR REBELLIOUSNESS, YOU MAY AS WELL START DIGGING YOUR OWN GRAVE'

KAY SEXWALE on challenging the status quo

'There's a power in reclaiming something people see as negative'

REBEL WILSON on her body type





'I DO A HAPPINESS AUDIT EVERY DAY. I'M, LIKE, "WHAT AM I FEELING TODAY? WHAT'S MAKING ME UPSET?"'

IMAN RAPPETTI on being true to yourself

SHE SAID THAT

STRAIGHT TALK WORTH REPEATING FROM SOME OF OUR FAVOURITE WOMEN

COMPILED BY SARAH KOOPMAN, SYLVIA McKEOWN **PHOTOGRAPHS** CHRISTINA DE MIDDEL, MARIA PIA BERNARDONI, REX FEATURES, GALLO IMAGES

ON TOP *of their* GAME

From entrepreneurial insights and hot topics affecting professionals to women who are pioneers in their fields – we have inspiration to channel into all aspects of your working life

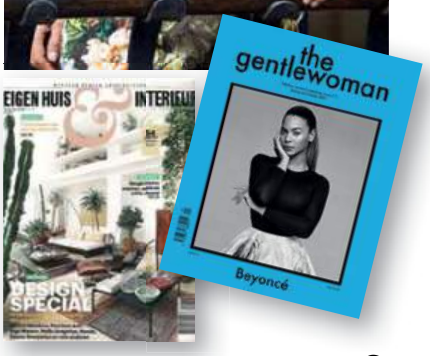


MICHELLE'S CHEAT SHEET FOR CAREER DOMINATION

01. **Be solutions driven** *and don't be afraid to get creative and think outside the box to solve challenges.*

02. **Take calculated risks** *and then take the plunge. Don't let your fear of failing stop you from moving forward and realising your dreams.*

03. **Get off the couch and keep your eyes and ears open** *to new opportunities. If you want to change your career, but you aren't sure of what to do, don't just wait for something to fall into your lap. You have to play an active role in the changing process. If you do something with passion, success will follow.*



CAREER 101

MICHELLE KNAPP

After starting her career as a fashion designer, Michelle Knapp took a trip to Florence, Italy, where she discovered the monks of Santa Maria Novella – and found the perfect business opportunity to bring back home.

MY MEDIA DIET

'I love all aspects of design so I follow design-focused Pinterest accounts, as well as checking in on *Style.com* and *Myscandinavianhome.blogspot.com*. I am also a fan of print magazines and subscribe to local interior design magazines as well as Dutch title *Eigen Huis*, *The Gentlewoman* and *Monocle*.'

MY BEST INVESTMENT TIP...

'Invest a portion of your salary every month. Create a stop order that automatically takes 10% or 20% of your salary before you spend it all. Fast forward a few years and you're sitting on a lot of money you would've otherwise spent on shoes. I also took a calculated risk and ensured that all my debt was paid before starting my own business.'



HOT DESK

JUST SAYING

Tired of having her professional words, dress code and choices policed, **Zanele Kumalo** *wants to be taken seriously just for being herself*

@misszan

'I JUST WANTED to follow up on…', I'm sorry if this is going to come across as…', 'Am I making sense?' I'm guilty of using all of these in conversations, emails, meetings and trying to rally a team. Hedge words and submissive language to avoid being seen as bitchy or bossy – or so says former Google and Apple exec Ellen Petry Leanse in a post she published on LinkedIn. These 'permission words' – particularly the word 'just' – she says, puts the conversation partner in control.

I didn't think we were still policing the way women talk. I don't entirely disagree but I'm tired of being told how to behave to be taken seriously. There's always something we're doing wrong. Vocal fry, stalling careers to raise children, not leaning in enough. Instead of feeling as if successful women like Ellen, Sheryl Sandberg and Marissa Mayer are my cheerleaders, I feel as if there's another brand of feminism – one that's only open to women on top of the corporate tower. Who've broken the glass ceiling but leave the rest of us to watch for the falling shards of verbal disapproval.

'I have chosen to no longer be apologetic for my femininity. And I want to be respected in all my femaleness. Because I deserve to be. I like politics and history and am happiest when having a good argument about ideas. I am happily girly. I like high heels and trying on lipsticks,' says Chimamanda Adichie Ngozi in *We Should All Be Feminists*. This fixation with critiquing all the things women say, do and wear undermines our authority and is holding us back from closing the gender gap in the workplace. How nice would it be to be judged on just the merits of our accomplishments.

GAME CHANGER

MUZOON ALMELLEHAN

She's been called the 'Malala of Syria' for her campaign to get young girls educated instead of married off as child brides

At only 16, Muzoon Almellehan has been campaigning for two years against child marriage. 'They [parents and their daughters] don't see the negative effects, but there is no reason for early marriage here,' she says. 'Here' is Zaatari refugee camp in Jordan, where the teen and her family were relocated after fleeing the civil war in Syria.

In 2013, she started noticing the rapidly increasing numbers of girls her age leaving school. By the middle of that year, the number of girls enrolled had dropped from 40 to 20. It alarmed Muzoon, since she had not experienced this scale of child marriage in her home country. But with conflict in Jordan, and parents' attempts to protect their daughters from terrorist groups like Isis, it was becoming a popular option for many families in refugee camps. 'Parents imagine this is a solution to all their problems,' she says.

According to Unicef and Save The Children, about 25% of Syrian refugee girls in Jordanian camps are married off to older men. These organisations have enlisted the help of activists like Muzoon to spread the message – to both parents and young girls – about the dangers of marrying so young.

'EDUCATION IS THE SHIELD WE CAN USE TO PROTECT OURSELVES IN LIFE'

Working with her father, Muzoon campaigns against conceptions about what girls should and should not be allowed to do. 'People were listening to me, even fathers,' she says. She believes her power of persuasion lies in the way she is able to talk to the heads of these families about their daughters' futures. 'Sometimes, people would do the wrong thing and not know they were doing the wrong thing,' she says.

Muzoon works her way around the camp, going door-to-door spreading her message about education. She can't stress its importance enough. 'Education is the shield we can use to protect ourselves in life,' she says. Without it, she adds, girls are more vulnerable than their male peers. 'It is the only way to regain our spirit and control over our lives.'

It is education, she believes, that will give her the future she wants. Muzoon plans to work towards a PhD and become a professor of journalism – and no doubt continue to spread her message about education for girls around the world.

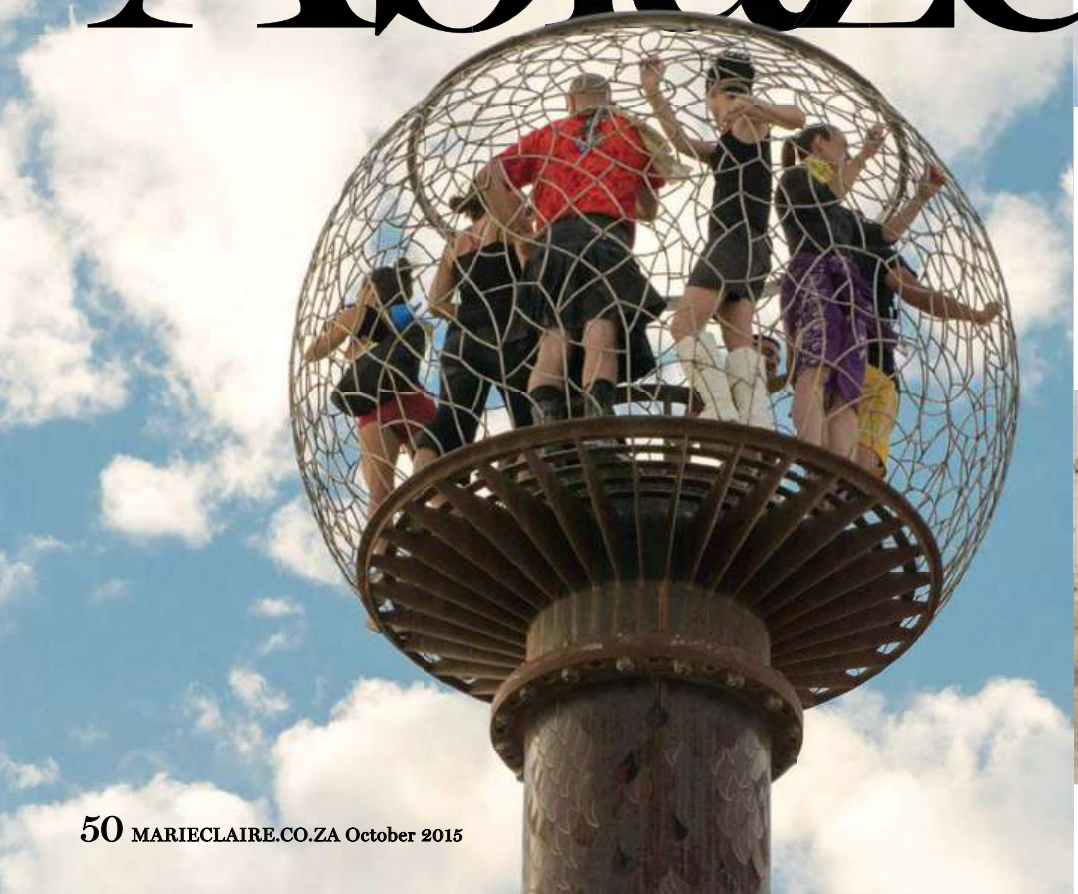


LEFT *Muzoon (right) with Nobel Peace Prize winner and Pakistani activist Malala Yousafzai*

COMPILED BY SARAH KOOPMAN **PHOTOGRAPHS** FRANK ELLIS, REUTERS, SUPPLIED

DESERT Ablaze







FROM LEFT *Most of the artworks at Burning Man are interactive: they can be scaled, climbed on, ridden and activated electronically; Pulse & Bloom, a field of 20 lotus flowers that lights up at night to match your heartbeat*



LEFT *The emblematic Man is burned every year on the second-last night of the festival in a blaze that lasts hours* **RIGHT** *Festivalgoers, known as 'burners', relish the chance to dress up in colourful outfits. Anything goes, including complete nudity*



Nearly 70 000 people descend on the annual Burning Man festival held in the Black Rock desert in Nevada, US, each September. The event is based on the principles of self-reliance and radical self-expression, making it one of the planet's greatest alternative gatherings. SARAH DUFF prepares to let go

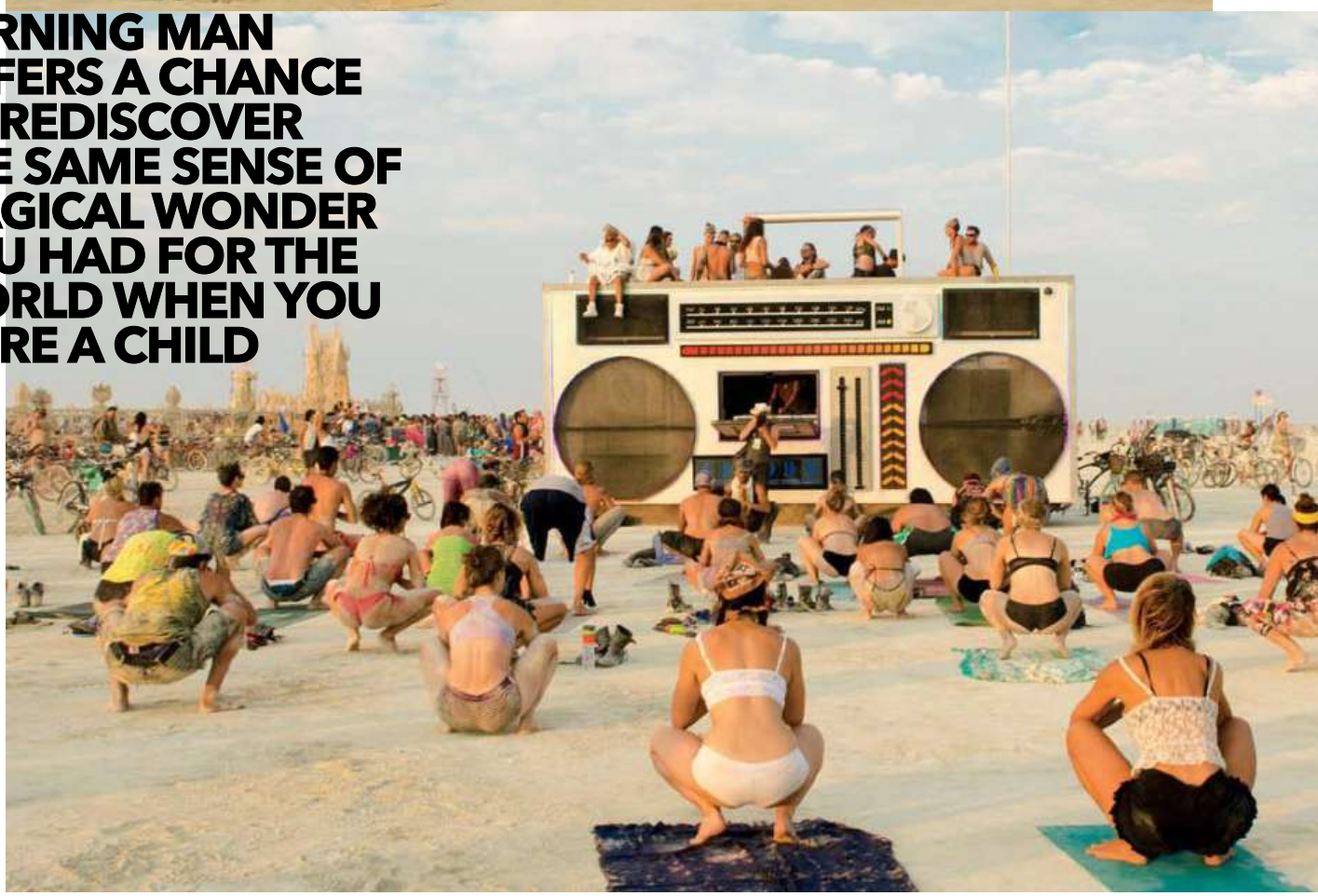


I PARTIED ON THE PARAPETS OF A CELTIC CASTLE AND DID A YOGA CLASS AT SUNSET IN FRONT OF A HOUSE-SIZED HI-FI ART CAR



WORDS AND **PHOTOGRAPHS** SARAH DUFF

BURNING MAN OFFERS A CHANCE TO REDISCOVER THE SAME SENSE OF MAGICAL WONDER YOU HAD FOR THE WORLD WHEN YOU WERE A CHILD





FROM TOP *Apart from cycling, hitching a ride on an art car (anything from a life-sized panda to a giant boat) is the best way to get around the massive desert space; a burner in front of Embrace, a 21m-high wooden sculpture which went up in flames at sunrise*

STARTED MORE THAN THREE DECADES AGO, Burning Man is more than just a festival – it's a week-long experiment in a different way of living: a celebration of creativity, where participants are behind the art, music and performances and adhere to an economy run not on money, but gifting. The temporary settlement – Black Rock City – that springs up in the desert contains large-scale art works, from wooden structures several stories high to a field of LED lily pads that light up in different colours when you walk on them. You'll also find remarkably diverse theme camps which offer just about anything you could think of – delicious food and cocktails, roller discos, pillow fights, permaculture workshops and dance floors with monster sound systems.

I had been to AfrikaBurn, South Africa's version of Burning Man, several times before, and was prepared to see something like what we have in the Karoo, just on a bigger scale. Burning Man surpassed my every expectation. The art works were astounding, the music was incredible, and the people I met were truly inspiring. Each experience I had felt more surreal and wonderful than the last – I partied on the parapets of a Celtic castle, took part in two weddings of people I didn't even know the names of, danced on a giant piranha fish, did a yoga class at sunset in front of a house-sized hi-fi art car and showered naked in a plastic dome with 50 strangers.

Burning Man offers an experience that's hard to put into words – a chance to rediscover the same sense of magical wonder you had for the world when you were a child, a chance to be generous with people you don't know without expecting anything in return, and a chance to let go, dress up and dance till sunrise.



OPPOSITE FROM TOP *The writer and her boyfriend on top of Project Insanity, an installation by artist Jessica Panuccio; a sunset vinyasa yoga class in front of a hi-fi art car*

Scene STEALER

Words EUGENIE KELLY *Photographs* TOM MUNRO



AS THE CREDITS STARTED TO ROLL and the house lights came up in Sydney's State Theatre, crammed to capacity, Cate Blanchett attempted to round up a sizeable contingent of excited children and navigate a way through the audience. It's a task akin to herding cats. One, two, three, four, five… she seemed to mentally count, flicking her eyes back and muttering a boy's name, simultaneously leaning down to rein in a prospective bolter. Wearing a dress by British label Roksanda, her hair pulled back in a low pony, her look is low-key glamour for the premiere of *Cinderella*, in which she stars as the villainous stepmother. Her focus: enjoying the film with her three boys, Dashiell, 13, Roman, 10, and Ignatius, seven, and husband, playwright, screenwriter and director Andrew Upton. Cate's fourth child, adopted daughter Edith Vivian Patricia Upton, was at home, but that didn't stop Cate raving about her new addition when she hit the blue carpet.

'Fourth time around – it's extraordinary… We're besotted,' she tells the media throng. 'There are a lot of children out there who don't have the good fortune of our biological children, so it's wonderful to welcome a little girl into our fold.' Just a few weeks earlier, Cate – on a cover shoot at her Hunters Hill home in Sydney – was to be found standing in her pool house, dressed in standard goddess-on-duty uniform: a super-chic Armani suit, hair piled high, posing for photographer Tom Munro. His lens homes in on that famous pale-peach, poreless complexion, piercing ice-blue eyes and striking bone structure – the combined effect lending her that coveted otherworldly air. Mary Greenwell, Cate's make-up artist of 17 years, sighs. 'There's no face like hers,' she tells me. 'But none of it would matter if Cate was not also one of the sweetest, kindest, most loving people. There's something about her look that is deeply intriguing. That's why you stare at a fragrance advertisement like Sì and get swept away.' The shoot comes to an abrupt halt when Roman and Ignatius tumble into the room with their nanny. 'Can I have a sleepover?' begs one. 'I need to use the toilet!' declares the other, neither so much as blinking at the sight of their mother looking every inch the two-time Oscar winner. 'There are sausages in the freezer,' calls out Cate to their minder as she and the boys sidestep lights and cables on the way out. It's a surreal scene, but Cate is a whiz at downplaying it all as 'normal'. 'The media can distort your life,' she says. 'There's a certain expectation or a sense of how you should live when part of your life is public. When people find out you don't live that way, they can't quite reconcile it with the image they've built up of how it should be.'

At 46, Cate may be one of the world's most famous actors, earning Academy Awards for *Blue Jasmine* and *The Aviator* (she's been nominated six times), but out of the unrelenting adulation that's come with that, she has developed a habit of constantly deflecting compliments. Tell her how much you love her performance as Lady Tremaine in *Cinderella* and she changes the conversation to 'how gorgeous Richard [Madden] and Lily [James] were waltzing together – I almost wept!' Thank her for taking the time to do this interview at 9pm on a weekend and she makes light of the hecticness of her schedule. Just a week before, she had been in Berlin filming in pouring rain with German artist Julian Rosefeldt, and now has a 'boring summer cold'. She follows it with filming her second Sì commercial and shooting magazine covers, but she'll tell you, 'I'm not working at the moment. I thought I'd ease my way into this year. Last year was a really intense year; really high and really low.'

Andrew's artistic directorship of the Sydney Theatre Company (STC) comes to an end this year, with the couple contemplating a move to the US. Would she miss the structure of her life in her native Australia? 'Because we were doing it together, we were able to juggle the needs of the kids, our individual needs as freelancers and the company. I never take this for granted and I never expect it to continue. I think it's just knowing what your bottom line is. My relationship and my family life sustain me and I sustain them.'

Cate recently finished shooting the new Sì ad in Sydney. Her relationship with Mr Armani has proved mutually beneficial over the years, the pair first meeting backstage after his first Privé show in 2005. 'The Sì commercial is all about *joie de vivre* and that wonderful feeling of being alive. Being the face of the fragrance has grown out of a long and creative relationship. It's been an organic journey.' In April, she was part of the 40-year anniversary celebrations planned for the house. 'Mr Armani is a master and there are few left. He's an absolute perfectionist across every single detail – still constantly stretching himself, even at 80. For anyone to reach the 40-year milestone is an incredible rarity.' When filming a TV commercial, 'it's not like you're creating a character,' Cate says. 'Because in a way it's sort of me – but sort of not. If I had to describe who I want the Sì woman to be, I'd say she's someone comfortable in her own skin.' Hollywood power stylist Elizabeth Stewart, who regularly works with Cate on red carpet appearances, also styled the campaign.

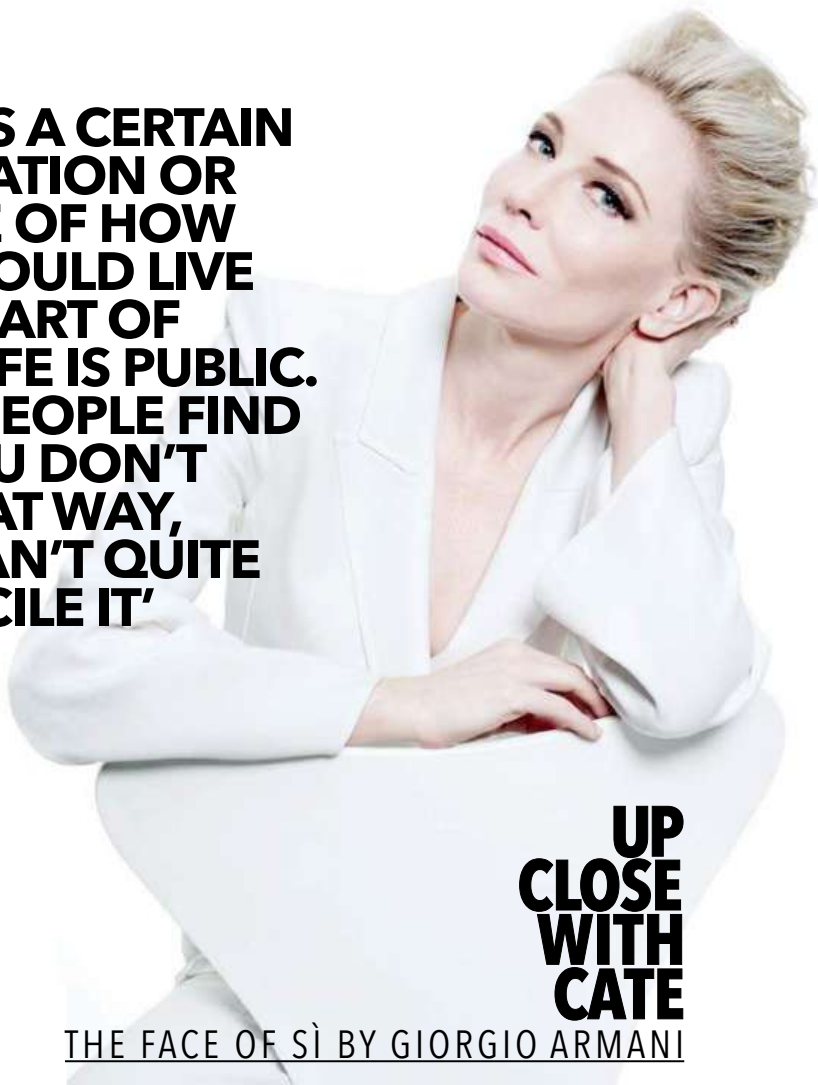
After a decade of working with Armani, Cate Blanchett appears as the face of the brand's Sì fragrance once more. She talks about the exciting times ahead

'Elizabeth and I have a similar relationship to fashion. We love it and we exist in it for a large section of our lives, but it doesn't rule our lives. For us it's more about personal taste than fashion trends.' In other words, they don't take it too seriously. 'Since I've been struttin' the red carpet, things have changed a lot. The way women are asked about those red-carpet moments. Oh my God. It's just a dress! People forget the fact that women are up there [at the Academy Awards] because they've given extraordinary performances. It's a wonderful excuse to dress up and have F.U.N. But let's not forget the work.' So don't expect to see her taking her fingers for a twirl on E! News's much-criticised Mani Cam anytime soon. 'Next it will be, "What brand tampon are you wearing?"' she shrieks. 'How much more intimate can they get? "Show us your knickers?" There is a line.'

Later this year will see the release of *Truth*, the story of *60 Minutes* producer Mary Mapes (Cate), who was fired over the allegation that President George W Bush had used family connections to avoid fighting in the Vietnam War; a Terrence Malick musical drama co-starring Natalie Portman, Christian Bale and Ryan Gosling; and *Carol*, an adaptation of Patricia Highsmith's *The Price of Salt*, a period romance set in dingy 1950s New York and directed by Todd Haynes. Cate plays Carol, a woman trapped in a loveless marriage, who falls for a young shop assistant, played by Rooney Mara. 'The character of Carol is so elusive and so unknowable,' says Cate. 'She's incredibly fragile and distant, but passionate and present.' *Carol* debuted at Cannes and has been receiving five-star reviews, with critics praising both Cate and Rooney's performances. While Rooney picked up the best actress award at the festival, critics are saying Cate is a surefire contender for the Oscars.

But don't expect Cate's growing brood to slow her down. 'If I were a male actor, no one would even be asking the question "How do you juggle family [with work]?" It's still determined that you're the primary caregiver and if you're not, there's something wrong with you.' Ask her what she's most proud of and she responds, 'Probably my marriage. Fortunately, I'm in a really great partnership.' There's time for one last question, so I ask what success means to her. 'Constant dissatisfaction,' she states – and leaves our chat at that. Is she referring to that intoxicating lure of having something new constantly ahead? With so much change on the cards, Cate's next chapter is sure to be her most riveting yet.

'THERE'S A CERTAIN EXPECTATION OR A SENSE OF HOW YOU SHOULD LIVE WHEN PART OF YOUR LIFE IS PUBLIC. WHEN PEOPLE FIND OUT YOU DON'T LIVE THAT WAY, THEY CAN'T QUITE RECONCILE IT'



UP CLOSE WITH CATE

THE FACE OF SÌ BY GIORGIO ARMANI

Sì EDP Intense by Giorgio Armani is the latest addition to the Sì fragrance line. What does it evoke for you? The perfume is warm, sensual, surprising and fresh. For me, it evokes mystery, luxury and the complexity of being female.

What does intensity mean to you? Intensity is at the heart of life – I like being close to the fire, inside things, moving forward. That said, you need moments of calm, but I like to know this passionate heartbeat is still there.

Is there an event in your life that you experienced with a particular intensity? The loss of those closest is very intense; it's when you circle the wagons, so to speak, and refocus on your nearest and dearest. We have had several of these losses.

Do you identify with the Sì woman? How? If the Sì woman thirsts for freedom, admires courage, strength and vulnerability, is drawn to all things sensual and loves to laugh then yes, I relate absolutely.

What makes you intensely happy? My husband says he makes me intensely happy – I think he's right. We laugh like drains.

What is a committed woman today? Sheryl Sandberg talks about women 'leaning in' and I think she is on to something. A committed woman today is one who is not apologising for herself, her choices or her achievements. Being successful, as a CEO, actor, mother or whatever doesn't mean you are not feminine; fulfilment is surely part of being female.

How would you wear Sì Intense? I adore the way a fragrance lingers on the skin so I would wear Sì Intense during the day and let it waft on into the evening, having applied it in hidden places… I love the depth of the chypre notes in Sì Intense, which is balanced by its warm, almost velvety femininity.

Giorgio Armani Q&A



The legendary designer behind Sì Intense on why Cate Blanchett is the perfect Sì woman

How would you define the Giorgio Armani woman? A presence that you don't forget. She represents the contrasts of a strong and gentle personality – she is seductive and reserved, spontaneous and refined. A woman who stands out and stays in your memory because of her spirit, gestures and look.

How would you describe the woman who wears Sì? She is a friend and a lover; a partner who knows how to seduce. A woman who is not afraid of expressing how she truly feels; who delights in the strength and sweetness of life, which she faces with dynamic serenity. The Sì woman has the courage to say yes to love and freedom.

Why did you choose Cate Blanchett to promote your latest feminine fragrance? I have known and admired Cate Blanchett for a long time. As I was developing the Sì project, defining the fragrance and imagining the bottle, I instinctively thought of her and of the zeal and passion that can be perceived behind her impeccable manners and confident look – a seductive combination that fully reflects the complex, unique character of my perfume. I love her gaze – it expresses both coldness and tenderness – and her modern-looking face with its unique lines, and her way of moving and walking that is so elegant and natural. I thought she would be able to express the complexity and the originality of a different type of perfume; one that is intense, sweet and light all at the same time.

'*Sì*' is a word that is both classically Italian and universal at the same time. Why did you choose this name? Because it is decisive and determined, optimistic and strong.

Saying *si* means making a decision, committing yourself, undertaking to do something, it is the very opposite of giving up. Is all of this important to you? This is my way of looking at life. Every day and in every moment we have to make decisions, make a choice, take a direction, accept or reject a thought. *Si* means living a full life, without fear and without running away from reality.

What do you say *si* to? *Si* to life, *si* to joy, *si* to freedom, *si* to beauty, *si* to love and *si* to dreams.

What does perfume mean to you? The sixth sense that caresses the sense of smell and embodies colourful fantasies. Perfume is an emotion that brings colour to the world.

What was your inspiration? Women and their ability to move between dreams and reality. The delight of seduction and the intensity of pleasure, and emotions that can change life. And no one is able to change it as much as a woman can.

Sì is a unique, Italian, elegant and innovative chypre. What role do you hope it will take in your range of perfumes? I must say that Sì is a special perfume in the range of Armani fragrances. It reinvents the chypre that lingers on the skin, and embraces the senses with a very intense and soft tone.

The blackcurrant tones that dominate in Sì give it a liqueur-like feel and make it very profound, almost black, extremely feminine and sensual. What did you like most about this? The amber wood, the orcanox, which gives a sensual and warm scent.

Among the raw materials used, is there one in particular that you love? The blackcurrant is like a prohibited fruit, and thanks to a special extraction method, we have managed to conserve all the warm intensity of a black fruit. It is the first time it has been used in one of my fragrances, enriched with May rose and freesia, with a masterful touch of patchouli. The result is an original fragrance with a timeless touch.

What aroma, more than any others, has left its mark on you? I remember the light smell of lavender with which my mother would freshen up her wrists and temples, blended with the strong smell of summer lawns and trees. In winter, a chypre fragrance would remain in her coat and collar pulled tightly around her face; the notes of a perfume whose name I can't remember but that seemed luxurious and enveloping.

What would you like a woman wearing Sì to say? *Si* to the pleasure of life. *Si* to freedom and to choosing what she likes.

Sì is such a full and feminine fragrance, why did you create a pure and linear bottle for the packaging? Because it reflects the dualism between strength and lightness, and the subtle contrast between the bottle's clean lines and the intensely feminine fragrance it holds. **mc**

STYLING NAOMI SMITH, ELIZABETH STEWARD **HAIR** RENATO CAMPORA/THE WALL GROUP **MAKE-UP** MARY GREENWELL/PREMIER HAIR AND MAKE-UP **MANICURE** BETTY ROSE/THE ARTIST GROUP **CLOTHING** GIORGIO ARMANI



FROM LEFT
MEL JONES WEARS: TOP COUNTRY ROAD; SKIRT TOPSHOP; HEELS NINE WEST; EARRINGS AND BRACELETS KIRSTEN GOSS
ANGEL CAMPEY WEARS: DRESS COUNTRY ROAD; HEELS NINE WEST
TUMI MORAKE WEARS: DRESS COUNTRY ROAD; HEELS NINE WEST; NECKLACE AND RING KIRSTEN GOSS

WHO'S laughing





NOW?

Female comedians are finally getting their fair share of the stand-up spotlight. MANDY WIENER chats to some of South Africa's funniest women about their sidesplitting inspiration and the challenges they've had to overcome

@MandyWiener

'MEN FIND FUNNY WOMEN THREATENING. They ask me, "Are you going to be funny in bed?"' remarked trailblazing comedian Joan Rivers, in reference to the long-standing comedy cliché and stereotype that women are not funny. It sure seems that presumption has been laughed out the door with women now starting to dominate the industry both locally and abroad. You can just about hear Joan's raspy cackle from beyond in response. Internationally, women are at the forefront of comedy with success stories like Amy Poehler, Tina Fey, Amy Schumer and Ilana Glazer following in the sneakers of Ellen DeGeneres and Whoopi Goldberg. At home, a fresh crop of funny women are making names for themselves on the stand-up stage, like Angel Campey and Celeste Ntuli, along with those who have firm footholds in the industry, like Mel Jones, Tumi Morake, Shimmy Isaacs and Krijay Govender. 'I think there's a demand for it. It's like with all things – women didn't think they could do it until someone proved that they can,' says Mitchells Plain local Mel Jones about why there is suddenly an abundance of female comics coming up. 'Comedy's been growing in South Africa for the last 10 years. Firstly, because there's a demand for it and secondly, because women are coming into their own and finding who they are. They're not necessarily listening to what society tells them in terms of what they can or can't do. Maybe we're all just rebels!'



TUMI MORAKE

SHIRT DRESS TRENERY; HEELS NINE WEST; NECKLACE AND RING KIRSTEN GOSS

Young breakthrough comic Angel Campey points to the global success of Trevor Noah, who took over from Jon Stewart on *The Daily Show* in September. 'I think comedy is starting to get much more mainstream attention in South Africa because of Trevor's international success,' she says. 'Now people have realised that the calibre of South African comedy is indeed on a world-class level – it always was, but us South Africans had an idea that things were only "good" if they came from overseas. Luckily that attitude is fading.' Because of this, she says, 'funny females are perhaps getting more of the spotlight because it was a traditionally male profession and the public is pleasantly surprised to find the sisters doing it for themselves in underground comedy clubs.'

As the former host of Mzansi Magic's *Our Perfect Wedding* and the face of Vodacom's new #SlaapTiger campaign, the hilarious Tumi Morake never thought she could make a career out of doing stand-up. She studied drama and started out as an actor before realising she could pay the bills by getting people to laugh.

'I realised it could become a career when I watched the Blacks Only stand-up show, thinking, "Everyone up there is known for stand-up and I can match them." I saw the gap – there aren't any women representing up there.' Working as a performer, she says, made it easy for her to spot an opportunity. 'I even had a diary entry that said, "I see a big gap for women and I'm going to do it." I even wrote that one day I'm going to be on that Blacks Only line-up, and about four years later, while moving house, I found the diary and it was awesome. I felt like the universe was going, "You see? You said you were going to do it and you've done it."' Tumi says the prominence of black male comics in the early 2000s made the progression for women more natural. 'Some have stayed, some have faded, and a lot more are growing,' she says.

While Angel quips that the biggest challenge facing female comics is that it's really difficult to use the urinals in the males-only toilets backstage, Tumi is a little more serious about the problems for women. 'Firstly, we have to work nights and this is South Africa and we are not safe. Women are not safe whether it's dark or light, but we are especially compromised when we are in clubs where people are drinking and the minute a woman gets on stage there's a perception that we are available. For me, that is one of our biggest challenges. Also identity; to not be hung up on the fact that you're a woman. Try to just be on that stage and be a comedian and not have to carry being a woman like it's a cross,' says the 33-year-old mother of three. 'As a female comedian with comedy being where it is right now, you are at an advantage because people don't see a lot of women so they need the surprise, they need the refreshing angle. There are more pros than cons to being a female comedian.'

Does being a female comic mean that these women have to "sell out" in some way, by playing into sexist stereotypes and being self-deprecating? Do they feel they have to "play dumb" to write comedy that audiences will laugh at and do they allow their audiences to dictate their repertoire? Being funny can be very serious business, after all. Mel, who broke into the industry doing open mic sessions in Woodstock, Cape Town, embraces the stereotypes and finds humour in them. 'A lot of women have spoken to me about the way I dress on stage because I wear heels and I wear flashy, sparkly things and I'm quite girly and in life I'm not really. So when I get on stage people say, "You can't dress like that because people are going to look at you and assume." People are going to assume anyway so let me just play it up, have fun with it. If we listened to what everyone was telling us we would never have come so far, would we?' Mel believes women have more to draw on than men who tell Van der Merwe jokes and roll out lavatorial humour, but there is still a glass ceiling – or as they say in comedy, the 'crass ceiling'. 'I don't think it's necessary for women to be anything they don't want to be. I'm just grateful that we've come so far. Now we can be comedians and doctors and actors and astronauts and architects. We can do whatever we like. There are always going to be difficulties because, let's be honest, there's always a barrier and it's the same for comedy. Women have to fight against undercurrents of chauvinism and sexism.'

WOMEN HAVE MORE TO DRAW ON THAN MEN WHO TELL VAN DER MERWE JOKES

For Tumi, it is all about challenging stereotypes and turning them upside down. 'At no point do I apologise for who I am and I don't sell out. I always set out to challenge stereotypes, so if I bring up a stereotype it's to turn it on its head,' she says. 'My material isn't really gender-based. When I speak about women, I speak about myself. I don't represent women and when I get up on stage, I'm not up there to represent the girls. We're not the same.

marie claire

LISTEN
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I represent the women who are outspoken, smart and unapologetically so, are sexually aware and emancipated but are not crass about it. I don't go up there and decide to have a vagina monologue,' she says. Being married has also influenced her approach to comedy. 'I always speak as a married woman and I've noticed my material is evolving from freshly married to "Gosh, so I'm this wife now". I speak as a mother who struggles with things like weight, my libido, my self-confidence. That's not the core of my material, though. I speak about the South African culture we live in, the race culture, the tribal culture, our attitudes towards each other. I think that's always been at the centre of my material.'

Angel likes to flirt with stereotypes and then quickly flip them before the audience sees it coming. 'Audiences are a lot more savvy than people might think. Sometimes I can feel the mood of a room getting worried that "a girl" isn't going to be funny. But as soon as you show them they were wrong, they relax and are pleasantly surprised. You can say more by just being the way you want to be, rather than addressing the issue too much. Comedy is an art form and, like music, there are many different styles of comedian. There are self-deprecating jokes among male comics too, and in their case it's more about making an audience feel that they are able to relate to you. Comedy is a conversation and no one wants to be spoken down to by someone who feels and acts superior; they're not going to buy into your stories, they're not going to like you and who's going to laugh at a joke by someone they dislike? No one. Even if it's funny.'



MEL JONES

DRESS (WORN AS SHIRT) TOPSHOP; JEANS MANGO; HEELS CALL IT SPRING; EARRINGS AND BRACELETS KIRSTEN GOSS



ANGEL CAMPEY

TOP COUNTRY ROAD; TROUSERS AND HEELS TOPSHOP

Like Tumi, Shimmy Isaacs says her inspiration comes from her daily experiences. 'I always find comic relief in situations within my own life. My family is a great part of my inspiration for comical gags. I believe nothing is funnier than the truth.' It has been said that not every comic has a festering emotional wound, but it does help. Does the same apply to these women? Not really, and it's an argument they can't help but use as further fodder for humour. 'Every human has some kind of emotional wound,' Angel says. 'Even if the extent of your scarring is that time your parents bought you a blue bicycle when you expressly asked for a pink one. Now you can't even see blue without remembering the disappointment of the day you realised your parents never listen. A sunny day with blue skies is torture for you.' She doesn't think emotional scarring is what makes comedians funny, though. 'Comedians see the world in a quirky, ranty way, and we have this attention-seeking desire to tell people about it through a microphone. Any shrink will tell you we're hilarious to distract from our own feeling of inadequacy, or to brighten up our dark little lives. And I'm OK with that. You're laughing and my soul can breathe again. So it's win-win.'

Mel says if that theory were true, every person on the planet could be a comic. 'We all have some sort of issue or deep-seated wound and we're all scarred in our own way. Comedians who bring it out and tap into it are the ones who are the most relatable. A lot of people think of comedians as being depressed and a lot of us are self-loathing and self-deprecating individuals, and that's kind of what makes us funny, but I don't think we have to experience the hurt; I think we tap into it a lot more than the average human being.' However, an abundance of 'issues' might explain why South Africans are so good at laughing at ourselves and making light of our problems. 'What else can we do?' Mel says. 'We've got so much going on, so much unnecessary protest, we've got past issues and present issues… that's why South Africans are so good at laughing – or at least the ones who can look at it and go, "This is so ridiculous!". The other ones who don't have a sense of humour, we're going to leave them behind anyway.'

Tumi predicts that young, unapologetic 'cannonballs' like Celeste Ntuli will shake up the industry. 'For women it's frigging exciting! We're exploding!' **mc**

PRODUCTION JANA HEYNS, SARAH KOOPMAN **PHOTOGRAPHS** ANDY LUND **PHOTOGRAPHER'S ASSISTANT** LUKE HOUBA
HAIR & MAKE-UP CINDY HORTON USING DERMALOGICA **STYLING** LEE HAGEN **FASHION ASSISTANT** ROBIN JADE CAROLUS

'I lost my wife and daughter at sea... BUT I WOULD RISK IT AGAIN'





ABOVE *Dr Ayman Mostafa*
RIGHT *Fatima and three-year-old Joud, who died at sea while trying to reach Europe*

Fleeing the war in Syria, Dr Ayman Mostafa watched as his wife and daughter drowned while crossing the Mediterranean to Europe – yet he says it was a risk worth taking

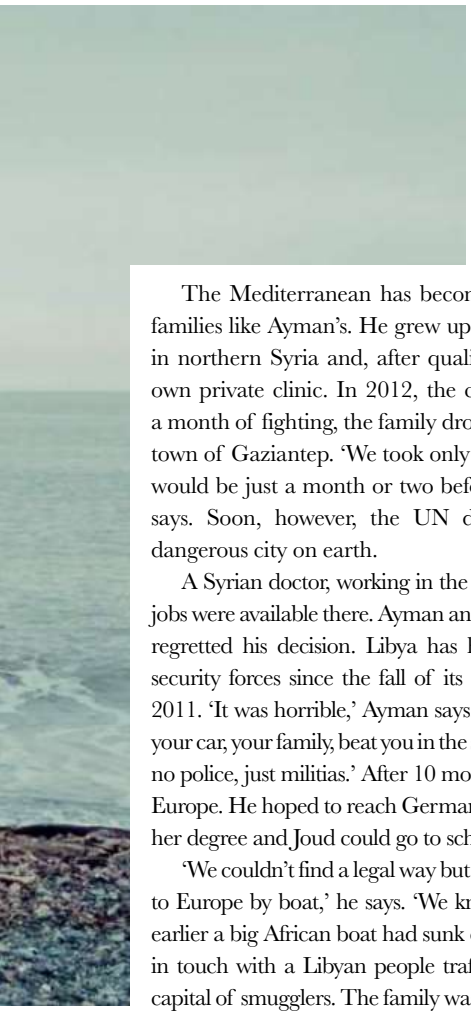
Words CHRISTINA LAMB

christinalamb

WHEN DR AYMAN MOSTAFA looks at his phone, his finger skims the screen at high speed so he doesn't have to see a picture of his wife, Fatima, and three-year-old daughter, Joud. 'It would be like looking at the sun,' he says. 'It would burn my eyes. I should delete them but I can't bear to.' Both drowned after their overcrowded boat was fired on by militiamen and capsized on the way from Libya to Europe in 2013. Ayman, 40, had hoped they could start a new life after fleeing the civil war in Syria. He now lives that new life alone, working as a surgeon at Malta's Mater Dei Hospital. 'It's very lonely,' he says, his eyes brimming with tears, 'but I try to lose myself in work.'

In Zuwara, on the Libyan coast, a trafficker charging $1 200 (about R15 000) per person had crammed the Mostafa family and more than 450 other migrants on to a ramshackle fishing boat. Only 240 survived.

In the past few years, the numbers of desperate migrants trying to reach Europe by boat have exploded. According to the UN High Commissioner for Refugees, more than 218 000 embarked last year and at least 3 419 died in the attempt. The shortest sea-crossing is the 14.5km Strait of Gibraltar, but Spain has strict asylum rules and tough border patrols. Most migrants risk the longer, treacherous 1 000km voyage from Libya to Malta and the Italian island of Lampedusa.



The Mediterranean has become a graveyard for aspirational families like Ayman's. He grew up in an affluent family in Aleppo in northern Syria and, after qualifying as a surgeon, opened his own private clinic. In 2012, the civil war reached the city. After a month of fighting, the family drove to the nearby Turkish border town of Gaziantep. 'We took only two small bags as we thought it would be just a month or two before we could go home,' Ayman says. Soon, however, the UN described Aleppo as the most dangerous city on earth.

A Syrian doctor, working in the Libyan city of Misrata, told him jobs were available there. Ayman and his family flew in but he quickly regretted his decision. Libya has had no effective government or security forces since the fall of its dictator, Muammar Gaddafi, in 2011. 'It was horrible,' Ayman says. 'As a foreigner, anyone can take your car, your family, beat you in the street. There was no government, no police, just militias.' After 10 months, Ayman decided to head for Europe. He hoped to reach Germany, where his wife could complete her degree and Joud could go to school in safety.

'We couldn't find a legal way but heard many Syrians were getting to Europe by boat,' he says. 'We knew it was a risk – just one week earlier a big African boat had sunk off Lampedusa.' Ayman was put in touch with a Libyan people trafficker in Zuwara, known as the capital of smugglers. The family was taken to a small flat packed with people and, after two days, they were herded on to a closed truck and driven to the coast. 'We couldn't see a boat,' Ayman says. 'Just a small light far away.' They were rowed in groups to a fishing boat. As soon as Ayman saw it, his heart sank. 'We recognised this as the end,' he says. 'It was a big 25m wooden boat but not big enough for this number of people, and it was very old. They started putting us on top of each other, starting with the hold. Luckily we were on the top.'

At 10pm, the boat set off. 'Most of us had GPS on our phones and started calculating the speed. The boat was going about 40km/h so we calculated we would be at Lampedusa in 26 hours.'

But then a Berber tribal militia attacked. 'After two hours, a very fast boat came alongside us. We were very afraid. They told us to go back to Zuwara but we refused. They turned a huge searchlight on us and we could see they had Kalashnikovs. They started shouting, "You are dogs, Syrian dogs! We will kill you if you don't go back!"' They started shooting, first up in the sky then at the bottom of the boat. Some people were injured but we were 30 doctors on board so we stopped the bleeding. My wife was protecting our daughter with her body.' Some people wanted to turn back but the captain refused. 'The men kept shooting,' Ayman says. 'I could smell burning wood and there was just screaming, crying and shooting, for hours.'

The sun came up and the militia boat disappeared, much to everyone's relief. 'We thought if we pass through this, we'll be safe. But after a couple more hours we realised the boat was taking water because of all the bullet holes.' The boat had two pumps but there was so much water that first one broke, then the other. 'We knew we were going down. We had a satellite phone and GPS so at 11.30am we called the Italian coastguard. They told us, "Don't worry," and took our position.'

But nobody came. An hour later they called again. 'We told them we're going to die, the boat is sinking and we have injured people.' After another hour they called the Italians a third time. 'Then they said we were in Maltese waters not Italian so we had to call this other number. We called and the Maltese took a long time but finally, at about 4pm, a plane appeared. By then our boat was going in big circles and listing left to right so we had to keep running from one side to another to try to balance it. Then suddenly it capsized, so fast that I was thrown to the water. I had left my wife and daughter under the roof to protect them so they, like most people, were stuck in the boat. Within less than a minute, the boat had sunk.'

Ayman kept shouting their names but he was struggling to stay afloat. After 15 minutes, he heard helicopters. A Maltese fastboat threw life jackets and started to rescue the women and children. Ayman stayed in the water for about two hours, clinging to a plank until he was rescued. He kept shouting 'Fatima' and 'Joud', to no avail. About 200 people were rescued and taken to Italy and Malta. It took more than two weeks to establish who had been saved. They found just 36 bodies. More than 200 had disappeared, including Ayman's wife and daughter. 'I wish I had seen them, just to know,' he says.

Every time Ayman hears of a shipwreck, he relives his own experiences. Yet he insists he would do it again.

'Last year, 150 000 people reached Europe and 2 000 died,' he says. 'It's probably a lot more as many just vanish, but say it's 5 000. That's just a 2-3% risk, so for me as a surgeon, that's low risk, particularly if you are coming from a country which is high risk. In Syria we would have had maybe a 50% chance of being killed. You can't blame me for taking my family out of that.'

The politicians discussing the migrant crisis 'are treating the symptom, not the problem,' Ayman says. 'We didn't take the boat for fun, we took it because all other doors were closed. I had all my documents, my medical qualifications and enough money to survive 10 or 15 years – but no one would take me. Yet in a way, Europe was saying to us, if you manage to reach here in this way, you will be acceptable.' **mc**

SYRIA: THE HARD FACTS

4 million
The total number of Syrians, half of them children, who have fled the country, mostly to Turkey, Lebanon, Jordan and Egypt – the largest refugee crisis in 25 years, according to the UN.

1.2 million
The number of Syrian refugees in Lebanon. Almost 80% of the refugees are women and children, with a 'lost generation' of thousands of Syrian children working as farm labourers to help provide for their families.

320 000
The suspected number of casualties of the war so far. Government forces are reportedly responsible for the majority of civilian deaths.

20 years
The drop in life expectancy in Syria, according to the UN. More than $200 billion has been lost and 80% of Syrians live in poverty.

PHOTOGRAPHS GETTY IMAGES/GALLO IMAGES/D3SIGN, YOUTUBE

the NAKED *truth*

Playing coy in love got DINA NAYERI nowhere. So she decided to experiment with her so-called weakness: the inability to be anything but honest

@DinaNayeri



Dina Nayeri

IF I FELT HURT OR EXCITED OR AFRAID, I WOULD SAY – NOT HINT – THAT I FELT HURT OR EXCITED OR AFRAID

I DON'T HAVE AN INSTINCT FOR COOLNESS. In the New York City dating scene, that's a problem. My friends have warned me that I'm prone to Persian fits of emotion (I'm Iranian) and that my eyes give everything away. So I've tried to be mysterious and aloof. Against my instincts, I've left texts unanswered and told boyfriends it was no big deal when they cancelled dinner. With one boyfriend, I bottled up every irritation until we barely even talked any more; when we did hang out, I itched to even the score. I staged dramas with another, making a show of rejecting him for being too young. He loved this game, but the first time I tried to share something real about myself, he drew back. One way or another, every romance ended when I tired of faking it and unloaded in spectacular Iranian fashion. 'Why can't you just be easy-breezy?' a close friend said after my first New York breakup. 'Guys can't handle that much realness! Strategy, Dina, strategy!'

'But I don't want to do strategy,' I said. 'I want to do me.'

'At least let them peel the onion slowly,' she said. 'Show the crazy later.'

'It's not "the crazy,"' I said. 'We're talking about my thoughts and emotions here! We applaud men for showing a modicum of this, calling them "self-aware" and "brave".'

This conversation happened after every one of my theatrical romances. Then, I found myself in a remote artist colony in New Hampshire. Suddenly, everything I said to New York men seemed risk-free, since they were too far away to date. I decided to try an experiment. In every text, email and Tinder message, I would say the absolute most honest, vulnerable thing – the first thing that came to mind, ignoring pride, strategy or any of the filters I had reluctantly adopted from my friends. I would show the real me in every word. I wouldn't hover around my feelings and hope these men would read my mind. If I felt hurt or excited or afraid, I would say – not hint – that I felt hurt or excited or afraid. I started on Tinder, with a man wearing a cowboy hat. Instead of saying, 'I like that hat' (Easy-breezy!), I said, 'You're cute, but the hat makes me think you might be balding. Are you balding?' When another guy cancelled a phone call, instead of saying, 'That's OK, talk soon!' (Be positive!), I said, 'That hurts my feelings.' When a former lover added one of my

friends on Facebook, instead of 'Hey, how do you know A—?' (Be unaffected!), I wrote, 'You added A—. That fills me with inexplicable rage.' No one disappeared because of my honesty.

I began texting my unfiltered musings to the men who lived inside my phone, longing for raw responses. I told an ex-lover I thought he'd broken up with me because I was divorced. I confessed to another I hadn't worn make-up the last time we went to dinner, just so he'd know I was over him. Sometimes I had to force myself to own up to insecurities and manipulative motivations. But many men fell in step, missing no beats. They were more engaged. They replied faster. They said more and seemed to care – a lot. When I told one man I mistrusted him, he said, 'I'm so sorry. Tell me why.' When I told another I had loved him once, he said, 'I'm honoured and I felt the same.'

I dialled it up a notch. I had developed intense feelings for a man at the colony and told him everything, holding back no warmth. I said, 'Your writing makes me shiver.' I said, 'I think you'll be famous one day.' I said, 'I can't watch you play pool; it turns my brain to soup.' When we parted, inevitably, to return to our separate lives, he said, 'No one's made me feel this good about myself.'

Back in New York, I picked up my heart and reconnected with my life. My favourite pre-retreat plaything had a girlfriend now, a relationship that cemented just after I confessed my feelings for the colony guy (oh, irony!). I told him I had hoped we'd hook up again – I didn't say 'hang out' – but I'd gladly be his friend, and he grew into a dear confidant. Did I sacrifice my pride in this exchange? Of course, but pride is nothing. It keeps life at bay.

I learned that there is a limit to honesty, but it isn't about guarding against rejection. It's about being aware of others and their emotions, not just your own. Will the anger or love or hurt that you've shared fall on hospitable ground, or will it scorch the soil? Still, sometimes I was humiliated or rejected. Sometimes I gave offense. Sometimes I gave ammunition to ill-wishers. It hurts to put your naked self out there to be judged, to be turned away. After a while, getting the reaction I desired didn't matter. It felt good just to say what I wanted – pure, like shedding an extra skin. It weeded out those who were wrong for me, and did so with merciful speed.

Then the man from the artist colony resurfaced. We met for drinks, and I told him I thought about him every day. He said, 'You were always so honest. Do you ever think to protect yourself?' He's the one I wanted all along, and what he remembered most about me was my candour. Maybe that's what eventually brought him back to me. We've been together ever since.

Still, I don't know what will happen next. I just know that I've found a powerful tool. Often, now, when some inner voice warns me of all the petty consequences of my honesty, I remind myself that everything I feel and want has been felt and wanted before, by so many people. None of it is new, and so none of it is such a risk. **mc**

PHOTOGRAPHS ALEXA SINGER, REX FEATURES





‘Girls are so rare in CHINA, they’re precious’

China’s one-child policy has led to 30 million ‘lost girls’ – but a new generation of parents is redressing the balance, raising girls to be the driving force of the country’s future

BEIJING, RUSH HOUR, 6PM. Outside the bustling underground station, Angi, five, is looking out for her father. She's just finished her drawing class and is clutching a large sheet of paper. Her mother is there but, at her daughter's insistence, hangs back. When her father, Ren Jun, appears, swinging her round in his arms, passers-by stop and stare. 'It's our Tuesday ritual,' Ren says. 'She waits for me after work and shows me her drawing, which I put into a plastic folder. We keep everything she does, and when she tells us what she learned that day, we'll write down in a diary for when she's older, to remember her childhood.'

Ren and his wife, Wang Xing Na, are part of a new generation of parents celebrating their daughters. It's a significant move away from old-fashioned values, where previously only baby boys were desirable. China's historic one-child policy – introduced in 1978 and only recently relaxed – has resulted in a deeply unbalanced gender ratio of the population. Illegal selective abortion and abandonment in favour of baby boys has led to the country's 30 million 'lost girls'. By 2020, it is estimated that the same number of men will be unmarried.

In a country where the cultural emphasis has for centuries been on family and progeny, the rarity of girls has given them a new value. 'Things are changing and women are becoming empowered,' says University College London professor of global health Therese Hesketh, who has studied China's developing demography. 'If a family has only one girl, they spend all their resources on her, which means better investment in her education and future.'

Tradition dictates that men are expected to take care of elderly parents, so a family will pay for their son's first home with the expectation that they will later benefit. However, they only need to fund a daughter's education in the hope that she will marry a wealthy man. Theresa says that, as a result, women are now outperforming men in education and receiving advanced degrees. Last year, 51% of all management positions in China were held by women, and three of the world's five richest women are Chinese.

Back in Beijing, at Ren's apartment, the family are greeted by his parents, who are in their sixties. 'When they retired, they moved in with us,' Ren says. 'They can't understand why I'm so proud of my daughter. I have three older sisters, who my parents saw as inferior to me from the moment I was born.' Ren's father is a traditionalist. He says a son is important for funeral rites, family honour, perpetuating the family's heritage and to look after his parents in their old age. 'Our son has taken us into his home. Since the Middle Ages, women have been seen as having less value,' he says. Wang interjects, 'The way of thinking has changed. Rather than having a son, the priority for men is to get a job and find a wife.'

'Since China became one of the most important economies in the world, women have become as important as men,' says professor Wang Xin-Chun, a sociologist at Shandong University. 'The old rules have disintegrated. Things have come full circle, after generations of infanticides.'

Though it has been illegal in China since 2001 for doctors to reveal the sex of a foetus, some families would bribe them to see the result. When ultrasound technology became available in the late 80s, sex-selective abortions shot up. According to the Chinese government, more than 336 million forced abortions have taken place under the one-child policy. But things are slowly changing.

'I'm 40, and I belong to a generation on the cusp,' says Ding Libo, whose daughter is three. 'I don't want my daughter to have to look after us when we're old. I have a retirement policy. I put some money into a savings account for her education. She's not a crutch for our old age.'

Indeed, a 2013 government survey of 15 000 Shanghai residents found that 16% wanted a daughter, compared with 12% who would prefer a son, while the majority had no preference. Ren has experienced this positive shift in attitude first-hand: 'When I go back to my village, nothing makes me happier than seeing my old neighbours, who used to ignore my sisters, delighted to see my little girl. The mentality has changed because girls have become so rare they are now precious.'

Chu Xiao says he has everything he's ever wanted in his daughter, Qiao, seven. 'Ever since I got married, I wanted to have a daughter,' he says. In Qiao's princess-style room, the walls are covered in photos of her modelling. Her mother says Qiao does photo shoots for catalogues. 'It doesn't pay well, but the pictures are lovely. I'm collecting them to put into a modelling book for when she's older.' Qiao is quick to reply: 'Mommy, that's very nice, and I know I'm pretty, but when I'm older I want to be a university professor.' Years ago, Qiao's gender would have made that dream unlikely, but for little girls in China today, the future's bright, the future's pink. **mc**

8 SIGNS CHINESE WOMEN ARE ON THE UP

1
More than a quarter of urban women in 2010 had university degrees, double the proportion of 10 years earlier.

2
Women regularly outperform men at Chinese universities, which has led to gender-based quotas favouring men in some entrance exams.

3
Of all female entrepreneurs, 66% hold more than half the shares in their enterprises, and 47% hold a stake of more than 75%.

4
Just 4% of city women and 7% of rural women have no education, compared with 11% and 35% in 1990.

5
The employment rate of mothers aged 25–34 with children under the age of six is 72%.

6
Beijing is ranked third after New York and Tokyo on a list of the 15 safest capital cities for women to use public transport.

7
Just under half of civil servants in all levels of government in 2010 were women.

8
China has almost 61 million women licensed to drive cars, 19 times the number of female drivers a decade ago.

PHOTOGRAPH GETTY IMAGES/GALLO IMAGES

JIMMY CHOO From ballet to bondage, Sandra Choi, creative director of Jimmy Choo, talks to *Marie Claire* about her latest collection



WHEN YOU THINK of ballet, you think of it being delicate and light – but also about the sense of strength and discipline involved. This contrast is what inspired Sandro Choi in the designs of the latest Jimmy Choo collection. 'The image of ballet also has parallels with bondage,' she says. 'The dancers use delicate satin ribbons tied at the ankle like a harness, drawing the core in, focusing the mind and restraining the body. A knot gives the dancer strength to perform, but it's also an art form.' She was particularly inspired by Cuban-born dancer Carlos Acosta, who has been called 'the greatest male dancer of his generation', and French ballerina Sylvie Guillem. 'They have developed and intertwined contemporary dance into their ballet performances – I find Sylvie's grace, beauty and strength very moving.'

The AW2015 collection, with its details of fine leather ribbon ties, brushed gold cuffs and buckles, features sensuous velvet contrasted with soft nappa leather. We're also seeing a new silhouette come to the fore, with rounded toes for classic stilettos and shoe booties.

'I was fascinated by how perfectly the two concepts of ballet and bondage are intertwined and I loved exploring the juxtaposition between strength and femininity,' Sandra says. 'I also loved working on all the ballet detailing – the lacing, the tulle and getting the new rounded toe silhouette right to resemble en pointe ballet shoes.'

And Sandra's favourite shoe from the collection? 'The Doma boot, with its distinctive chunky heel, fashion buckle details and voluminous over-the-knee silhouette. It adds drama and edge to any outfit.' Another favourite is the lace-up Hoops heels: 'I would wear it with sharply tailored cropped trousers to show off the ankle,' Sandra says.

Available at Jimmy Choo Sandton City 011 326 6658





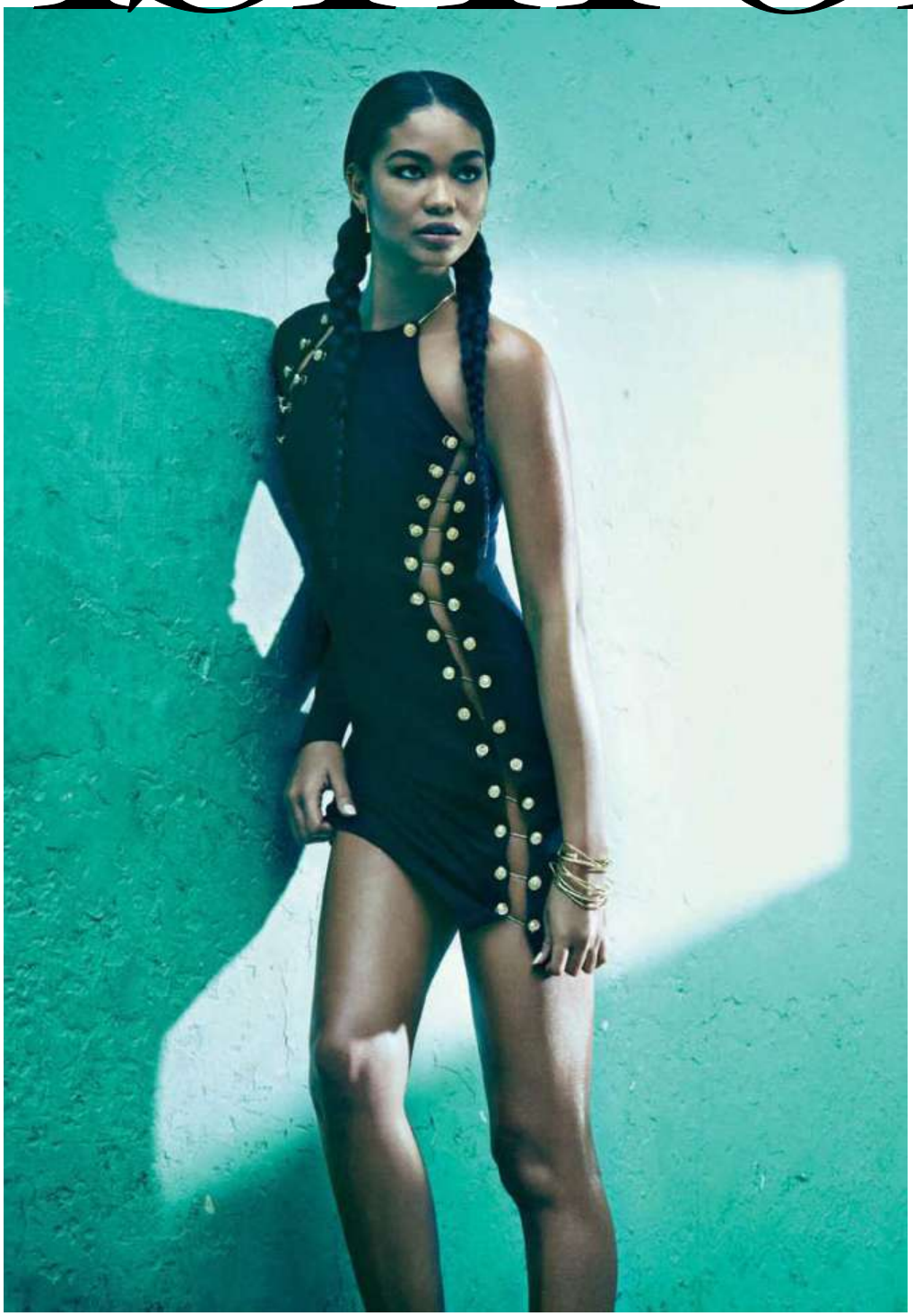
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'I LOVED EXPLORING THE JUXTAPOSITION BETWEEN STRENGTH AND FEMININITY'



PHOTOGRAPHS SUPPLIED



DRESS VERSUS; OPEN BANGLE AND DOUBLE BRACELET BOTH MARIA FRANCESCA PEPE; BRASS SPIKE EARRING, ALL OTHER BRASS BRACELETS FAY ANDRADA; ALL OTHER EARRINGS, MODEL'S OWN

After dark.

Spring gets tough with strong shapes and Roman influences plus the new-season bags dreams are made of



Pretty POWERFUL

Champion a tougher sensibility for spring with a gladiator-inspired look that's as fierce as it is feminine

Styling TIFFANY FRASER STEELE

Photographs JAMES MACARI



DRESS, BRA AND UNDERWEAR ALL LOUIS VUITTON; EARRINGS, MODEL'S OWN

OPPOSITE PAGE
DRESS ROBERTO CAVALLI; SANDALS ISABEL MARANT; RECTANGLE BRASS EARRING FAY ANDRADA; CUFFS BOTH UNA BURKE; RINGS ALL MARIA BLACK JEWELLERY; ALL OTHER EARRINGS MODEL'S OWN



SWIMSUIT MICHAEL KORS; SANDALS ISABEL MARANT; ROUND SPIKE EARRING MARIA BLACK JEWELLERY; BRASS SPIKE EARRINGS FAY ANDRADA; 18CT-GOLD RINGS ALL BOUCHERON; ALL OTHER EARRINGS MODEL'S OWN



DRESS, BODY AND BOOTS ALL GIVENCHY; ROUND SPIKE EARRING MARIA BLACK JEWELLERY; BRASS SPIKE EARRINGS FAY ANDRADA; ALL OTHER EARRINGS MODEL'S OWN



DRESS AND SANDALS BOTH LANVIN; BELT UNA BURKE; BRASS SPIKE EARRINGS FAY ANDRADA; LEFT ARM: GOLD-PLATED ARM CUFF ANNELISE; GOLD-PLATED BANGLE JOOMI LIM AT JA PR; GOLD-PLATED SQUARE BANGLE MIANSAI; RIGHT ARM: METAL CUFF ROGER VIVIER; 18CT-GOLD AND MOTHER-OF-PEARL BANGLE BULGARI; ALL OTHER EARRINGS MODEL'S OWN





DRESS EMPORIO ARMANI; SPIKE EARRING MARIA BLACK JEWELLERY; 18CT-GOLD AND ROSE-GOLD T-BRACELETS TIFFANY & CO; ALL OTHER BRASS BRACELETS FAY ANDRADA; ALL OTHER EARRINGS MODEL'S OWN



TOP AND SKIRT BOTH CHLOÉ; BAG JÉRÔME DREYFUSS; SANDALS PAUL ANDREW; GOLD-PLATED SPIKE EARRING MARIA BLACK JEWELLERY; 18CT-GOLD BRACELET AND BANGLES ALL GUCCI

HAIR RIAD AZAR/ATELIER MANAGEMENT USING BUMBLE AND BUMBLE **MAKE-UP** CYNTHIA SOBEK/ART DEPARTMENT USING CHANEL SS 2015 AND CHANEL BODY EXCELLENCE **MODEL** CHANEL IMAN/IMG



THEORY SHIRT **R5 595** CALLAGHAN COLLEZIONI; LEATHER SKIRT **R450** AFRAID OF MICE; BAG **R29 990** BURBERRY; GOLD RING **R850**, GEMSTONE RING **R1 500**, GOLD RING WITH GLITTER **R1 600**, ALL THAT'S IT! (RINGS WORN THROUGHOUT); HAT **R650** SIMON AND MARY

OPPOSITE PAGE
ANA SRDIC LEATHER SHIRT **R8 900**, CUFF **R550** BOTH THAT'S IT!; SHORTS **R5 695**, BAG **R11 750** EMPORIO ARMANI; SHOES **R1 399** ZARA; SCARF **R6 490** BURBERRY

THE *great* ESCAPE

Production KELLY FUNG

Photographs STEVE TANCHEL / RED HOT OPS



This year's safari trip means easy-fit garments, breezy fabrics and functional accessories in dusty and neutral tones



SHIRT **R7 599** DAY BIRGER ET MIKKELSEN; TROUSERS **R2 450** STUDIO 8 HYDE PARK; BELT **R1 200**, ANCIENT GREEK SANDALS SLIDERS **R3 800** ALL THAT'S IT!; CÉLINE SUNGLASSES **R5 250** SAFILO



ROBERTO CAVALLI JACKET **R57 400**, ROBERTO CAVALLI SKIRT **R18 200**, BOTH CATHERYNE GAEYLA FASHION; TOP **R299** H&M; CUFF **R550** THAT'S IT!



MM6 BY MAISON MARGIELA TUNIC SHIRT **R3 595** TIK LEE; SHORTS **R550** AFRAID OF MICE; BELT **R1 200** THAT'S IT!; GUCCI SUNGLASSES **R3 900** SAFILO; BACKPACK **R1 599** CAPE UNION MART



JACKET **R11 250** BURBERRY; SHORTS **R149** H&M; BELT **R1 395** TIK LEE; DOLCE AND GABBANA SHOES **R18 000** CATHERYNE GAEYLA FASHION; SCARF **R1 795** PAUL SMITH; CUFF **R550** THAT'S IT!; LAMP **R450** CAPE UNION MART



SHIRT **R11 500** PAUL SMITH; SKIRT **R380** SECOND TIME AROUND; HANDBAG **R899** ZARA; CASTAÑER SHOES **R4 560** TIK LEE; HAT **R925** SIMON AND MARY
OPPOSITE PAGE
TRENCH COAT DRESS **R9 590** BURBERRY



PRODUCTION ASSISTANTS SIMONE VEITCH, NIKKI ZAKKAS **PHOTOGRAPHER'S ASSISTANT** CHRIS BEZUIDENHOUT **HAIR** SAADIQUE RYKLIEF
MAKE-UP LIZ VAN DER MERWE/RED HOT OPS **MODEL** SANDRA MARTENS/FUSION MODELS **PROPS** STYLIST'S OWN

101 IDEAS

Production LEE HAGEN

nautical mile

Classic navy and white get a breath of fresh air with updated stripes and shapes

Photographs BETINA DU TOIT / *Infidels Creative Management*



1



2

1. JUMPSUIT **R529** FOREVER21; SHOES **R999** TOPSHOP; SKAGEN WATCH **R2 999** FOSSIL ACCESSORIES SOUTH AFRICA
2. TOP **R679** TOPSHOP; TROUSERS **R999** WITCHERY
3. TOP **R599** WITCHERY; CHOKER (PART OF SET) **R69** FASHION EXPRESS



3



1



2

1. SWEATER **R380** BABETTE; SHORTS **R379** FOREVER21; SANDALS **R749** H&M
2.TOP **R700**, BILLABONG; SKIRT **R1 599** TOPSHOP; SHOES **R1 399** WITCHERY
3. BLAZER **R499** TRUWORTHS; GABRIELLE SWIMSUIT BRIEFS **R390** BABETTE; EARRING (PART OF PAIR) **R699** MIMCO



3



PHOTOGRAPER'S ASSISTANT FELIX MUNYORO **PRODUCTION ASSISTANT** ROBIN-JADE CAROLUS **HAIR AND MAKE-UP** MARY GOUVEIA **MODEL** DJENICE/BOSS MODELS

1



2



3

1. SHIRT DRESS **R399** H&M; SWIMSUIT **R1 000** BILLABONG; TROUSERS **R699** SISSY BOY; EARRINGS **R699** RING **R699** ALL MIMCO
2. DRESS **R1 599** TOPSHOP; SHOES **R1 399** WITCHERY
3. SHIRT **R1 999** G-STAR RAW; HAT **R395** GALLERIA FORTUNATA

SHOP LIKE A FASHION EDITOR

The ultimate Bag Guide



CLUNY BB EPI NOIR **R31 000** LOUIS VUITTON


PHILLIP LIM

DKNY


R1 699 MIMCO





DRAWSTRING

A classic drawstring bucket bag brings together form and function in one beautiful package – big enough to hold everything you need and stylish enough to take anywhere


DKNY


R2 099 VINCE CAMUTO


R3 999 VINCE CAMUTO


TOD'S


R199 COTTON ON


R6 995 LUISA SPAGNOLI


R1 599 WITCHERY


R5 000 KAREN MILLEN


R7 700 MISSIBABA


R479 FOREVER 21


R895 SPITZ



GUCCI



MICHAEL KORS



VITELLO **R24 500** PRADA

POCHETTE METIS **R20 600**
LOUIS VUITTON







R199 COTTON ON

R749 TOPSHOP



R1 199 WITCHERY



INFULA **BAG R6 100** LUISA SPAGNOLI





GUCCI

SADDLE

It's a classic for a reason – whether tasselled, crossbody or structured, an elegant saddlebag will take you from day to night



DIOR



R8 490 LONGCHAMP



R199 COTTON ON



R450 COLETTE BY COLETTE HAYMAN



R459 COLETTE BY COLETTE HAYMAN


KYLIE MINOGUE


MERYL STREEP


KATE BOSWORTH


JESSICA SIMPSON



D&G INTAGLIO

Soft, laser-perforated, hand-decorated leather recalling embroidered linen… this is Dolce & Gabbana's Intaglio



R43 000 DOLCE & GABBANA


ROSIE HUNTINGTON-WHITELEY



INSIDE BAG **R34 150** PRADA

PRODUCTION KELLY FUNG, DANIELLE VILJOEN. **PHOTOGRAPHS** JUDD VAN RENSBURG, ANDRÉ WEPENER/PIXEL LOUNGE. COLLEEN COPPENHALL/DIS, IMAXTREE.COM **PRODUCTION ASSISTANTS** ROBIN-JADE CAROUS, KATE VOGES





R769 TOPSHOP



FENDI



FENDI

PASTEL

Take a break from solid neutrals and venture into pretty and feminine pastel colours. Delicate hues of sorbet pink, powder blue and cream usher in a romantic spring



FENDI



ELLIE SAAB

ST GERMAIN BAG **R32 000** LOUIS VUITTON





R6 790 LONGCHAMP



R1 299 GUESS



FRENCH CONNECTION **R500** DESIGNER COLLECTION



R2 900 TED BAKER



R2 700 TED BAKER



R17 690 LONGCHAMP



TSONI **POR** SPITZ



R7 499 TIGER OF SWEDEN







Lee Hagen in Venice

FASHION MOOD BOARD

PANDORA

Marie Claire's fashion assistant LEE HAGEN travels to Venice to discover the inspiration behind the latest handcrafted jewellery collection from Pandora

@theleehagen
@theofficialpandora

I'm sipping on a glass of Merlot at a little Venetian restaurant alongside a canal, watching passersby navigate their way through the city. I'm here in Venice courtesy of Pandora to be introduced to the jewellery company's Autumn 2015 collection. I smile as I reflect on my few days here getting lost in what seemed to be an endless maze of bridges, backstreets and boutiques. But that's the beauty of Venice. Losing your way is all part of the romance. With a spread of authentic Venetian seafood before us and a view of the lagoon and St Mark's Square in the distance, Pandora's global PR director, Vita Clausen, and her team reveal the inspiration behind their latest ranges.

The new season is inspired by a magnificent kingdom and depicts an enchanting fairy tale world, with its signature charms and pendants reimagined with glittering jewels and crystals in vivid colours that take inspiration from the ethereal beauty of flowers and nature, as well as intricate vintage lacework.









PHOTOGRAPHS LEE HAGEN, ISTOCK/GETTY IMAGES, SUPPLIED









ABOVE *Pandora's Stephen Fairchild*

Each piece of Pandora jewellery is crafted by hand, combining state-of-the-art techniques with skills that date back centuries. It was fascinating to see how the Pandora craftsmen transform the materials and how each individual cubic zirconia stone is pavé-set to create an intricate design.

The phoenix is an important symbol in the new collection, says Stephen Fairchild, CCO of Group Design at Pandora, as it represents strength and renewal. Hand-finished from sterling silver and set with 132 shimmering cubic zirconia stones, the phoenix is transformed into Pandora's statement ring. The firebird's sweeping wings extend across the range in the form of earrings, pendants and charms that can be worn on their own or on Pandora's classic charm bracelet.

Venice's famous Murano glass is used to create some of Pandora's signature charms. I visited the Berengo Centre for Contemporary Art and Glass on the quaint island of Murano, where the glass is made, and got to see the incredible glassworks and art pieces exhibited. Truly an unforgettable experience. **mc**









LEFT *Intricate Venetian buildings* ***RIGHT*** *An artwork at the Berengo Centre for Contemporary Art and Glass*



REJUVENATE



WIN

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Mangwanani African Spa **@Mangwanani**

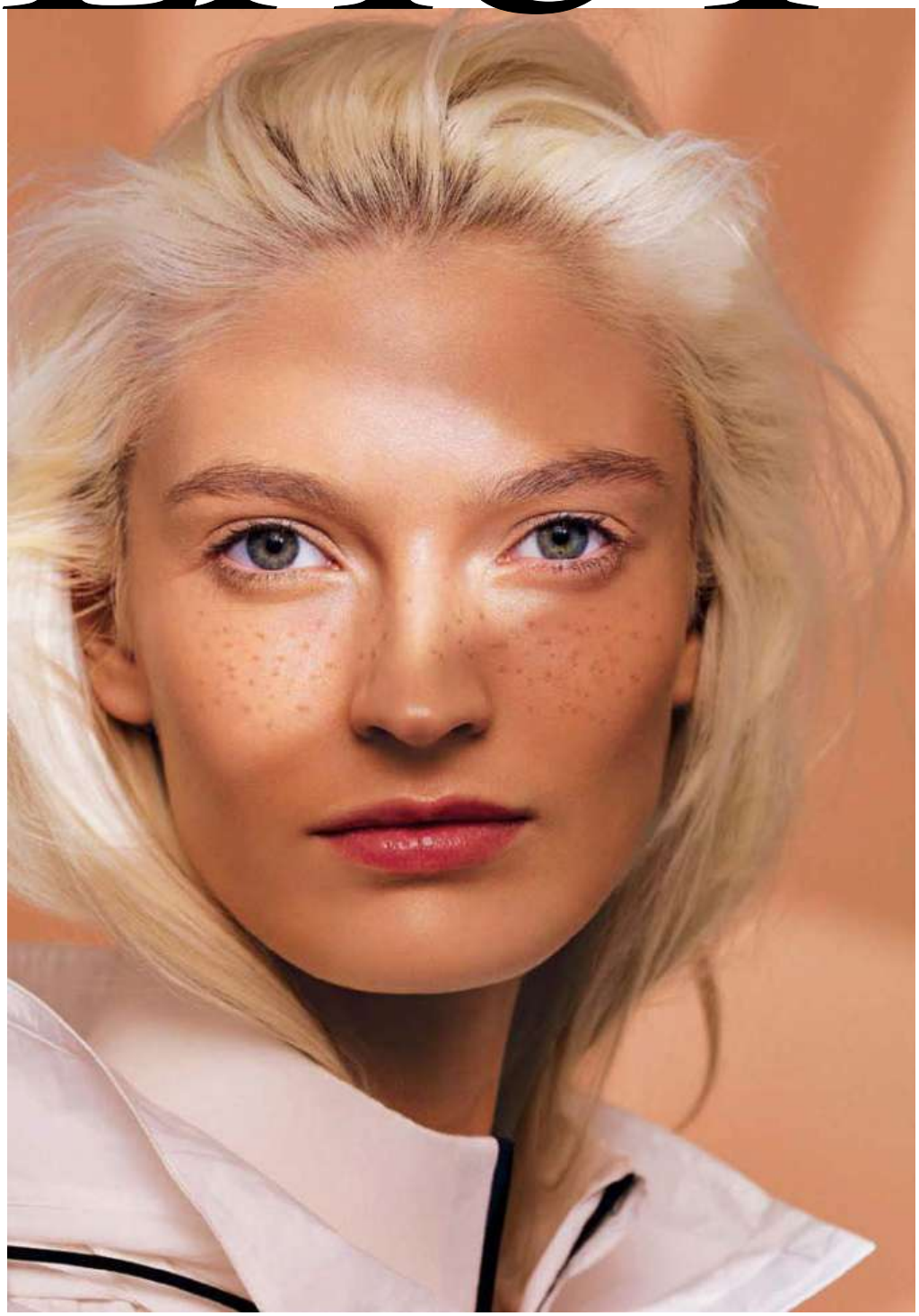
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BEAUTY

marie claire



PHOTOGRAPH ERIC TRAORÉ **HAIR** SHUKO SUMIDA/WALTER SCHUPFER **MAKE-UP** ALICE GHENDRIH/ARTLIST **MODEL** HELENA GREYHORSE/OUI MANAGEMENT

Into the light.

Subtle highlights create a flawless canvas, plus we travel to Paris for Paco Rabanne's newest fragrance fantasy



Photographs ERIC TRAORÉ

LIGHT SHIFT

Words KELLY FUNG

Create new dimensions on the face with a modern use of colour, highlights, subtle hints and bronzed tones

Production NOLWENN DU LAZ, LAURENCE ALEXANDRE

GET THE LOOK

SCULPTED SKINCARE

Change the way you use make-up to sculpt the perfect canvas. Combine it with skincare products to enhance your skin instead of covering it up completely

PRESS SKINCARE PRODUCTS INTO THE SKIN WITH A FULL PALM INSTEAD OF RUBBING IT IN. THIS IS GENTLER ON THE SKIN AND HELPS WITH ABSORPTION



CLARINS INSTANT CONCEALER IN #03 **R310**

01.

Eye refresh

Apply eye concealer in the shape of an inverted triangle, from the bottom lash line to the cheek, instead of in a crescent shape under the eye, to create a more lifted look.



CLINIQUE ALL ABOUT EYES 15ML **R380**



RODIAL STEMCELL SUPER-FOOD DAY CREAM SPF15 **R1 100**



LANCÔME HYDRA INTENSE HYDRATING GEL MASK 100ML **R470**

02.

Hydration focus

Use a water-based toner to add extra hydration and balance the skin's pH level. A gel mask provides a quicker moisture boost than a cream one because it absorbs faster – this one from Lancôme needs only five minutes.



CHANEL SUBLIMAGE LA LOTION SUPRÊME 125ML **R2 060**



DIOR SKIN NUDE AIR SÉRUM DE TEINT IN 030 MEDIUM BEIGE 30ML **R695**

03.

Undercover

Dior's Nude Air serum foundation is tinted, giving lightweight coverage while providing the benefits of a serum. The Rodial moisturiser uses a 'super-food complex' of rose hip seed oil, wheat germ oil, goji berry and pomegranate extract to hydrate the skin, provide radiance and target scarring or redness.



COLOUR WASH

A subtle sweep of colour from the cheeks, along the cheekbones and blended along the hairline will illuminate the angles of the face as light hits it. Sheer pinks, apricots and rose hues give a light, ethereal and romantic feel, perfect for spring.

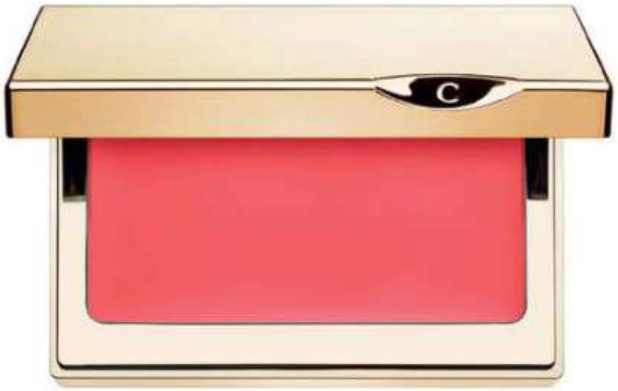
COLOUR

GET THE LOOK

PINK HAZE

Blush tones are taken further than the cheekbone up towards the hairline, giving the skin a hazy, pink flush. The halo of colour gives eyes a new dimension

CLARINS CREAM BLUSH IN #03 GRENADINE **R300**



01.

Colour halo

Extend a pink cream-based blush from the apples of the cheeks right to the temples for an illuminating effect.



INGLOT AMC PURE PIGMENT EYESHADOW IN #66 **R239**

WHEN BLENDING, USE A CIRCULAR MOTION TO CREATE A SOFT, SEAMLESS FINISH AND A 'TAP-SWEEP' MOTION TO CREATE A MORE DEFINED BLEND TRANSITION



REVLON ULTRA HD LIP LIPSTICK IN HD GLADIOLAS **R145**

02.

Contour update

For a softer approach to contouring and creating dimension, apply a bronzing powder in the hollows of the cheeks and along the jawline, upwards towards the temples and along the nose for a gentle, sun-kissed glow.



MAC STUDIO SCULPT DEFINING POWDER IN MEDIUM DARK **R420**

03.

Take the edge off

Lip colour is not applied as precisely as before – apply a blush or rose-coloured lipstick with your finger and go slightly over the lip edge for a dappled, plumped-up effect.



STILA STAY ALL DAY LIQUID LIPSTICK IN PATINA **R245**



BOBBI BROWN BRIGHTENING BRICK IN CORAL **R685**

04.

Reflective focus

Dab a highlighting product into the inner corners of the eyes, on the bridge of the nose and under the eyes. Blend seamlessly.



HAIR SHUKO SUMIDA/WALTER SCHUPFER **MAKE-UP** ALICE GHENDRIH/ARTLIST **MODEL** HELENA GREYHORSE/OUI MANAGEMENT

SIMPLE YET STRUCTURED

This season, hair is anything but complicated. Push the boundaries of the simple ponytail by parting the hair in a different way – try a double path or even a diagonal one; each subtly changing the shape of the face.

GET THE LOOK

ALL LINED UP

Update a classic style, try a bold colour or switch up your natural texture to reinvent your hair look

AFTER COLOURING YOUR HAIR, LOCK IN THE COLOUR BY LIGHTLY RUNNING A FLAT IRON THROUGH THE HAIR. THE HEAT HELPS TO SEAL THE COLOUR INTO THE HAIR SHAFT

SCHWARZKOPF BC BONACURE HAIR THERAPY OIL MIRACLE BARBARY FIG OIL & KERATIN RESTORATIVE CONDITIONING MILK 150ML **R240**



01.

Clear lines

Don't scratch the scalp when shampooing as it can cause an overproduction of sebum, resulting in an oily scalp. Use gentle massaging motions instead, or try using a scalp exfoliator to remove excess oil that can cause flaking.



MATRIX BIOLAGE SCALPSYNC EXFOLIATING TREATMENT 118ML **R210**

PHILIP KINGSLEY DAILY DAMAGE DEFENCE 250ML **R600**



02.

Damage control

The barbary fig oil in this Schwarzkopf conditioning milk helps rejuvenate damaged areas while boosting hydration. Help prevent damage to your hair by treating it carefully – use a wide-toothed comb when hair is wet and apply conditioner before detangling.



LABEL M BRIGHTENING BLONDE SHAMPOO 300ML **R240**

03.

Protected hues

This duo contains white pineapple, mamaki tea and lemon extract to help lighten and brighten your hair colour, enhance shine and prevent dryness. To make your colour last longer, wash hair with cold or lukewarm water as hot water strips colour faster.



LABEL M BRIGHTENING BLONDE CONDITIONER 300ML **R260**

REDKEN FPF30 FRIZZ DISMISS INSTANT DEFLATE LEAVE-IN SMOOTHING OIL SERUM 125ML **R429**



04.

Smooth sailing

Try the Redken smoothing oil serum to tame unruly locks – it removes static and excess volume while protecting against heat and humidity. Apply on damp hair before styling, or after blow-drying as a finishing product.



MOROCCANOIL SMOOTHING MASK 250ML **R570**

what I WOULD TEACH MY DAUGHTER about BEAUTY...

From grooming your brows to wearing the perfect lipstick shade, we ask readers what advice they would pass down



SHELLEY MOKOENA
interior designer

'The one beauty tip I would tell my daughter is to learn the art of a good eyebrow. Always keep it natural but fierce; it is one of the most vital features of your face.'



MOTSELISI LEKENA
educator

'I will definitely pass on to my daughter one day that simplicity is the best – for make-up and clothes. Black and white are both simple and timeless; you can never go wrong with them especially when they are brightened up with red lipstick. It makes you feel so confident.'



ROBYN DAVIE
photographer

'I would love my one-day daughter to know that inner beauty comes from love and respect – the more you give, the more you get. I would also advise her to never underestimate the value of drinking tons of water.'



ALEXIA ROUSSOS
fashion student

'I would tell my daughter to do what feels right for her. Our physical appearance is what we use to express ourselves and you should be able to do that however you wish. Forget about generic pieces of beauty advice and explore for as long as it takes to find your unique beauty routine.'



MOLEBOHENG MATHEBENG
chemical engineer

'My mom told me that a girl who radiates beauty from the inside will always be the most beautiful. I would advise my daughter that skincare is essential: cleanse properly and use sun protection. A great lipstick will always enhance your smile; blue-based shades are the best as they make your teeth appear whiter.'

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OLYMPEA
A NEW FRAGRANCE FANTASY

Fashion and beauty editor KELLY FUNG finds herself in Paris among gods and fantastical tales of femininity thanks to Paco Rabanne's latest scent

AS IF BEING in Paris is not magical enough, finding yourself at 16 Rue Antoine Bourdelle on a cold winter's day, the entrance to the intimate Musée Bourdelle art museum, makes the visit even more of a dream. Once inside the Great Hall, the large sculptures tower over me. It is as if I am in an ancient Greek temple, surrounded by its mythical gods. It's almost impossible to take in all the monumental grandness with one scan of the room, especially as topless men sashay past carrying Champagne; their chiselled bodies echoing the sculpted heroes around us… but let me not get too distracted.

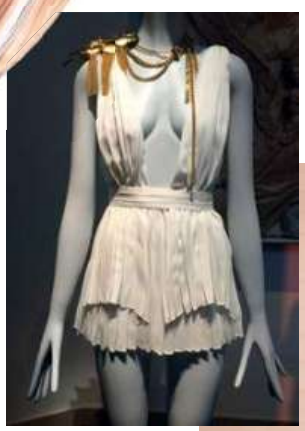
Surprisingly, neither the topless waiters nor the grand art pieces are the reason beauty editors from around the world have congregated here. We're here to be introduced to Paco Rabanne's latest fragrance, Olympea.

PAC
EDI





Kelly with fellow beauty editor Ashleigh van der Westhuizen





OPPOSITES ATTRACT

Already at the forefront of the perfume game with Black XS and Black XS For Her, 1 Million and Lady Million and, of course, 2013's Invictus, Paco Rabanne starts a new chapter – one that is as bold as its predecessors. The Olympea woman has that inexplicable quality that makes her stand out above the crowd – like a Greek goddess. The scent itself is unusual – a salty-sweet, marine-oriental fragrance.







THE PERFUME STORY *OLYMPEA*

BY PACO RABANNE



Marie Claire sat down with Paco Rabanne Fragrances international marketing director, Jean Holtzmann, to learn more about the creation of Olympea



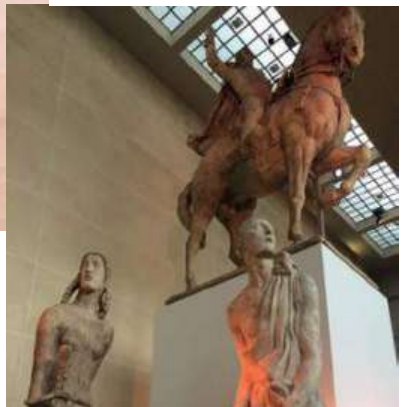
How do you create a scent with two such opposing and deliberately conflicting ideas? Drawing on the concept of yin and yang, perfumers Loc Dong, Anne Flipo and Dominique Ropion worked for two years to create this complex and original duality in the scent. Loc says the team started out with the idea of aquatic notes, which evoked his memories of the way salt is harvested from seawater through evaporation in his home country of Vietnam. For him, this symbol of freshness was the perfect starting point, after which they added hydroponic jasmine for a feminine and floral appeal. Sensual vanilla rounded it all off.

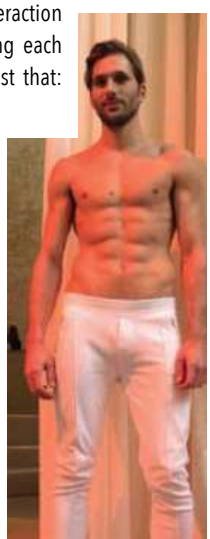
POWER THROUGH BEAUTY

In true Paco Rabanne form, Olympea is about more than a sensational scent – the campaign is also a visual feast, with director Alexandre Courtès creating his fourth film for the brand. Brazilian model Luma Grothe is the face of the campaign, playing a magnetic Olympea. Alexandre is skilled at showing the notion of divine power without using force, with Olympea only needing her femininity as a weapon.

Perhaps it's because I'm in Paris, or perhaps it is the idea of mythical gods and goddesses being made more tangible, but this fragrance has left a deep impression on me. Of course, this is what it is meant to do – to turn heads. The tension between the conflicting notes constantly interplaying with each other, reminds me of the eternal interaction between men and women; always chasing each other and creating energy. Olympea is just that: unexpected, unpredictable and provoking.







Paco Rabanne always manages to capture the essence of the modern woman, from the success of Black XS to Lady Million. How did you get to this latest fragrance, Olympea? The starting point was an image from our first film – a black and white picture of a woman in a ballgown, next to an American football player. We had this in mind even when creating Invictus, the male version of this fragrance. We started thinking about Olympea even before we finished Invictus. The more we worked on Invictus, the more this godlike character came about, like a Caesar. We liked the idea of Caesar and Cleopatra; a fantasy couple on their own and in their time. Today, we could say it's Victoria and David Beckham, Brad and Angelina… it's the idea of a super strong power couple, the way they inspire and are followed. They are the embodiment of a fantasy, the living gods of our time. We thought it would be interesting to tell this kind of story. **You speak of fantasy and those godlike qualities. Do you think women today possess these?** Yes. For me, the godlike qualities don't simply point to one quality like sensuality or beauty. Some women are larger than life, with a radiating energy that makes them stand out. They are magnetic and have charisma and inner power. It's an indescribable quality that makes people's heads turn. For me, the common denominator in all 'godlike' people is self-confidence. There is a form of driven conviction, focus and self-assurance. **How does this fragrance translate this 'larger-than-life' philosophy?** Olympea is a very striking fragrance, and a little bit unsettling – it turns heads. We had the idea of doing an oriental fragrance, which hasn't yet been done for Paco Rabbane, but doing it with an unexpected element. The marine-oriental fragrance was a slightly ridiculous, bizarre notion – like oil and water, which are never meant to sit next to each other. The salty vanilla is about opposing ideas; similar to the powerful interplay between men and women.



THE FACE

Marie Claire meets model Luma Grothe to talk beauty advice and the modern woman







How many modifications of the fragrance were there before you settled on the final one? It took about two years, so there were about 4 000 or 4 500 versions. **Paco Rabanne has always combined fashion and beauty. Was this considered in the creation of Olympea?** We know the buyers of perfumes are not necessarily the buyers of the fashion but there has to be a link or continuum in the house – it's all one brand. With fragrances on the one side and fashion on the other, we always work with the same spirit of the heritage of Paco Rabanne. **Of course, Paco Rabanne has this celebrated heritage…** Yes, but it also has to evolve into something contemporary, which I feel is what creative director Julien Dossena is doing. You can't always look in the back mirror and look only at what was great, you also have to look at what will work in the future. Julien isn't only working with the DNA of the house, he is also creating a contemporary, relevant DNA. You have to move forward. **Does the fragrance go hand in hand with what Julien is creating now?** The fashion and beauty sides are quite united because we are under the same house. We're not always catering to the same people but we build a bridge between the two – it's important that both sides carry the same spirit.

Take us through your journey with Paco Rabanne. How did it start? It all started with a casting in Paris. I fell in love with the story of Olympea and who she was. I always dreamed of being the face of a fragrance and I've always been a fan of Paco Rabanne; he always had a futuristic vision of women. This is such a high point. **Which qualities of the Olympea woman do you admire?** She is a goddess with no superpowers but she is powerful. She is sensual and charming. Her best quality is her sense of humour. She is every woman; strong, independent but still soft and full of love. **Do you feel this fragrance is in line with the powerful women of today?** Yes, it reminds me of the Beyoncé song 'Run the World (Girls)'. Women are more independent, we're strong multitaskers. We manage careers and nurture families at the same time. The fragrance comes at a perfect time because there are a lot of Olympeas – a lot of women will identify with the fragrance. **What does beauty mean to you?** I have learned that beauty is integrity. **You travel a lot. What would you never leave home without?** Moisturiser, and I also always carry a dark pink lip colour. **The best beauty advice you've ever heard?** My grandmother has Japanese roots and she taught me the importance of massaging the skin before applying make-up or before going to bed. **Your favourite city?** I always miss New York when I leave for too long. It feels like home. And I love shopping in Paris! **mc**

marie claire .co.za

WIN!
Watch the film and win a bottle of Olympea on our website

PHOTOGRAPHS KELLY FUNG, SUPPLIED

Paco Rabanne takes us into a world of fantasy at the peak of Mount Olympus with its captivating new fragrance

OLYMPEA

BY PACO RABANNE

THE INSPIRATION
Olympea is inspired by a 'modern-day Cleopatra', where being a woman has no limitations. The Olympea woman doesn't have to choose between beauty and intelligence; she can have it all. She is a demigod who is powerful yet soft and feminine.

THE TOP NOTES

THE TOP NOTE
Fresh and floral with green mandarin, ginger lily and hydroponic jasmine, giving the fragrance an aquatic element.

THE BASE NOTE
Sandalwood and ambergris give the scent a rounded character, grounding an otherwise light fragrance.

THE MIDDLE NOTE
A unique salty vanilla accord, emphasising the aquatic freshness created by the jasmine in the top note.

THE BOTTLE
The Olympea bottle was created by designer Marc Ange, with accents of rose gold and copper. The design along the sides echoes the laurel wreaths given to the Olympic champions of ancient Greece, as well as the wings of Nike, the Greek goddess of victory. The bottle's symmetry and geometry depicts pride and strength, while the proportions symbolise the curves and femininity of the Olympea woman.

THE FACE
Brazilian model Luma Grothe is the face of Paco Rabanne Olympea. The 21-year-old gets her striking looks from her German, Japanese and African heritage.

PACO RABANNE OLYMPEA EDP 50ML **R1 190**

THE PROCESS
The perfumers Loc Dong, Anne Flipo and Dominique Ropion created this innovative scent, a process that took two years. Loc took his inspiration from his childhood in Vietnam to establish the key note of the fragrance: salt. Salt is left behind once seawater evaporates, again reflecting the aquatic jasmine notes. Loc used a 'yin and yang' method of opposing universes – in this case, salt and vanilla.

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We're giving away a Paco Rabanne Olympea fragrance on our website

COMPILED BY NOKUBONGA THUSI **PHOTOGRAPHS** ISTOCK/GETTY IMAGES, SUPPLIED

LOVE LOCKED



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The popular custom of attaching personalised love locks to the most famous bridges in the world is the inspiration for the new love-bridge range of bracelets from Thomas Sabo. With its 'Make Memories Last' slogan, the range captures special moments and attests to the bond between soul mates, be they lovers, friends or family. A filigree bar made of 925 sterling silver joins the two ends of the bracelet, with space provided for a personal free-of-charge engraving. Adorned with declarations of love, tokens of friendship or life mottos, the wide range of styles and colours is not only perfect for combining with existing Thomas Sabo pieces, but also offers everyone the opportunity to capture their heartfelt emotions for all eternity. **Thomassabo.com**

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TAKING NOTES FROM *BOSS*



Sirichai's invite illustration for the SS2015 show





Hugo Boss takes fashion to the beauty closet with a collection of fragrances inspired by three iconic looks and the spirit of the BOSS woman. Artistic director JASON WU talks to *Marie Claire* about the Runway Edition

You chose New York-based Thai illustrator Sirichai to design the illustrations for the Runway Edition. What was it about his work that made you select him? I think there's a sense of architecture and a minimalistic touch to his illustrations that is absolutely right for BOSS. It's really beautiful and a very different take on fashion illustration. It has a nice balance of hard and soft qualities that has the right feel for my vision for BOSS Womenswear. **Had you worked with Sirichai before?** We worked together to devise the graphic for the invite for the SS2015 show. That felt like a nice way to bring him into the fragrance project: each of the three fragrances is tied to a specific BOSS Womenswear look. **What do you think fashion illustration offers that other mediums like photography don't?** I illustrate a lot, so I have always been obsessed with the iconic fashion illustrators of the past and present. I love the personal approach; illustration is a very stylised way of interpreting fashion. I love illustrations because, when you look at them, it leaves a lot open to interpretation: it's a way to express the sensibility, attitude and essence. **Why did you decide to use illustration to depict the BOSS woman?** It allowed us to express the DNA of the brand, without having to reference a particular season. The examples are all taken from my debut for BOSS, but because they're illustrated they feel archetypal, like icons of the new BOSS woman. Illustration allows for vitality and a freedom from seasons, just as fragrance does. They're both about finding the essence of the BOSS woman. **How does each illustration bring the sentiment of the fragrance to life?** Each of the three looks felt right for each of the fragrances but also represented three key looks from my first collection. BOSS Nuit Pour Femme is a black-sequin dress; BOSS Jour Pour Femme is a white shirt dress for day; and BOSS Ma Vie Pour Femme is the tuxedo. **This project brings together fashion and fragrance. What does style and scent mean to you?** BOSS is a fashion and lifestyle brand, so it makes sense to incorporate a fashion message into everything we do. We interpreted the three distinct fragrances with three BOSS fashion icons that I continue to explore.



BOSS NUIT POUR FEMME RUNWAY EDITION 75ML **R1 270**

BOSS MA VIE POUR FEMME RUNWAY EDITION 75ML **R1 270**





BOSS JOUR POUR FEMME RUNWAY EDITION 75ML **R1 270**

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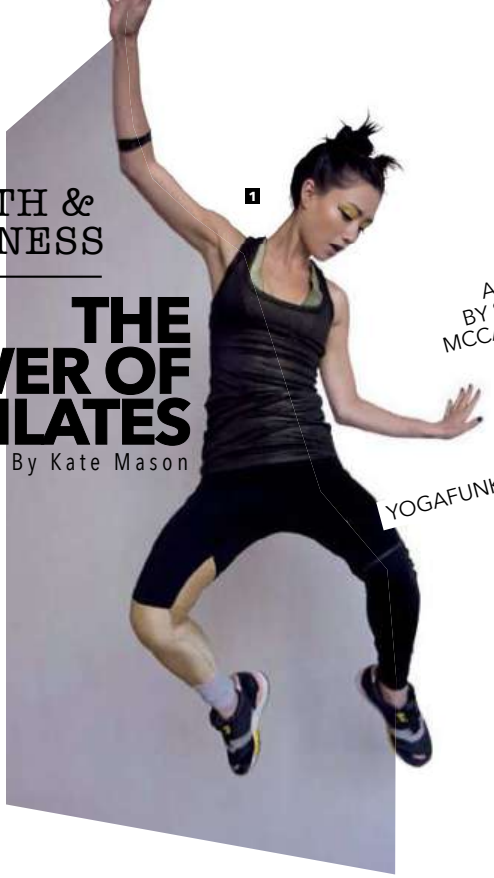
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HEALTH & WELLNESS

THE POWER OF PILATES

By Kate Mason



As Joseph Pilates' famous quote goes, 'in 10 sessions you feel better, in 20 sessions you look better, in 30 sessions you have a completely new body.' This is something that needs to be experienced first-hand, so I embarked on six weeks of thrice-weekly Pilates sessions at B Balanced Pilates Studio at the BUC Fitness Club in Sea Point. This did wonders for gradually increasing my core strength, stability and posture and improving my running technique for a half marathon. The intimate studio is equipped with the latest Balanced Body equipment, including three reformer machines with cadillac towers, Wunda chairs, rings, balls and rollers, and a BASI-certified mat, while comprehensive instructor Jessica Hahn offers killer one-on-one sessions or group equipment classes that are fun and will whip your body into optimum shape in no time.

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Joseph Pilates



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BODY POLITICS

CHECKING MYSELF

By Sarah Koopman



It was almost impossible to miss the commentary on Serena Williams in the last few months. Not headlines about the world No. 1 champion cleaning up on the international tennis circuit, but rather about her body and her blackness. How her physique is 'masculine' and alarming to people used to her petite, blonde, blue-eyed peers. The very peers who are raking in millions more than her in endorsements, despite Serena being one of the greatest athletes alive. As I watched these debates unfold, I was forced to self-evaluate. Because while I do not condone how she was being treated, I had to confront the discomfort I felt when seeing her. I had to ask myself what it was about her strong and immensely powerful body and presence that made me squirm a little. I had to acknowledge that everything Serena does and is challenges the status quo and my own socially constructed norms and standards. From her body's definition – evidence of her physically gruelling pursuit of athletic excellence – to her unapologetic revelling in that power, she's squaring up to her opponents (on and off the court) and letting them know she's ready to take them on. Tennis is a rally of dominance, both physical and psychological – and Serena dominates. The sexist and racist undercurrent of the reporting about her is telling of the mainstream discomfort with anything that makes the status quo obsolete. We tell her she looks like a man. Downplay her achievements. And then shower her competitors with praise and financial gain. Serena challenges me to ask myself important questions about how the world might perceive me. And how my prejudices are alive and well (and need to be challenged) even though I am often not aware of them. I'd love to know what *you* think. Tweet me!

@sarah_koopman

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WHAT'S UP DOWN THERE?

Tension and anxiety can have the same effect on your vagina as on the rest of your body – here's how to deal with it

Words CARLA CALITZ *and* SARAH KOOPMAN

@carlacalitz

'TO UNDERSTAND THE VAGINA PROPERLY is to realise that it is not only coextensive with the female brain, but is also, essentially, part of the female soul,' writes Naomi Wolf in her new book, *Vagina: A New Biography* (R250, Little Brown Book Group). Much like stress short-circuits your brain and body, so it adversely impacts your vagina's physiology, your libido and even your self-confidence, says Cape Town-based obstetrician and gynaecologist Dr Christo Benecke. 'If you're stressed, it will manifest in your vagina in a variety of ways from, for example, a lack of lubrication to infections, such as thrush, bacterial vaginosis and urinary tract infections.'

Many women are unnecessarily anxious about their genitalia, says clinical sexologist professor Elna McIntosh. 'The vagina is still a mystery to many women, leading to lots of myths and hang-ups, as well as unnecessary stress over its size, smell and appearance.'

This undue pressure has also led to a marked increase in requests for vaginaplasties (tightening of the vagina) and cosmetic labia surgery, says both Elna and Christo. 'The huge increase in "design a vagina" procedures in South Africa points to a fixation on the appearance of the vagina, which could be linked to the negative influence of the porn industry,' Christo says.

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Ever wondered what a vajacial is like? We put one to the test on our website

How to banish vagina stress

Sex is an excellent stress reliever, which is why women must learn to prioritise their own pleasure, Elna says. 'Masturbation is as important as going to the gym,' she says. 'If you're feeling tense during sex or masturbation, breathe deeply and give yourself permission to explore your body.' In the US, meditative masturbation classes have grown in popularity and Elna also endorses tantric sex. The most important exercise for a woman's sexual health is Kegel exercises, Elna says. They help strengthen your pelvic floor muscles, leading to better orgasms, better sensation during sex, and assist with natural childbirth.

If you find sex painful and virtually impossible, you might have vaginismus. It's an extreme case of vaginal tension where the pelvic floor muscles involuntarily contract, preventing penetration. It's caused by physiological fallout, such as sexually transmitted infections, and/or psychological stresses, such as sexual assault. Counselling and physical therapy can help. 'We often do a procedure called a Fentonplasty, where we widen the entrance to the vagina so that women don't experience pain during penetration,' Christo says. Elna's clinic also offers Botox to relax the pelvic floor muscles.

If you're anxious about the smell of your vagina, remember that it's normal and stop over-washing, Elna says. 'The vagina doesn't need to be cleaned inside – it has its own self-cleansing mechanism. Douching causes infections.' Dietary, hormonal and lifestyle changes, including taking the pill, can also cause shifts in the pH balance of the vagina, causing the telltale itching, swelling and discharge of the most common infections, thrush and bacterial vaginosis. Both can be treated effectively with antibiotics, over-the-counter ointments and probiotics, says Christo.

DID YOU KNOW?

01. *The clitoris and the glans (head of the penis) each contain about 7 000 sensory nerve endings; a greater concentration of touch-sensitive nerves than any other part of the body. But the clitoris packs them into a volume only about one-tenth the size of the glans, making it more sensitive.*

02. *The Skene glands are the female equivalent of the male prostate and responsible for female ejaculation, or 'squirting'. They swell when you're aroused, making it difficult to urinate.*

03. *'Vulva' refers to the outside, visible parts of your genitalia – the labia, clitoris, urethra, vaginal opening – and it's usually what most people mean when they say 'vagina'. The actual vagina is the muscular passageway that connects the vulva to the cervix.*

WHAT HAPPENS TO YOUR VAGINA AFTER A BABY?

THE MOM Lebo*, 32, a doctor from Johannesburg

'I decided on natural childbirth because I wanted to experience it and know its many benefits for a baby, including possibly a stronger immune system. My first experience was long and nerve-racking: I gave birth to a healthy baby boy but not without a painful tear to my perineum (the area between the anus and the vulva). It was very swollen but it healed quickly. My vagina will never look the same again but the tear actually helped my sex life. Sex used to be painful but this changed for the better after my first child was born – and both my husband and I have enjoyed sex more since then.'

THE OBSTETRICIAN-GYNAECOLOGIST

Dr Christo Benecke

'After natural childbirth, the vagina will look different but a woman's body has been designed to accommodate childbirth and you will heal, even if your vagina is a bit looser. Unfortunately, natural childbirth can go wrong and lead to a prolapsed bladder (where the bladder descends into the vagina), loss of vaginal sensation and painful intercourse. Some women opt for C-sections to ensure that their postpartum sexual functioning isn't a problem. To stand the best chance of a smooth childbirth and your body healing properly after it, ensure you're fit, eat healthily, aren't overweight and don't smoke. Develop your core strength and pelvic floor muscles with Pilates, yoga and Kegel exercises before and during your pregnancy.'

YOUR GROOMING KIT



Ladyshape Intimate Shaping Tool R249
Perfect for hair removal in the shower, you can shave the perfect triangle or even Brazilian in your pubic hair with this kit.



Sorbet Take It Off! Strip Wax R70
Reduces redness and irritation when waxing. The strips are contoured to the shape of your body to ease the hair removal process.



Sorbet Happily Ever After Post-Wax Cream for Face & Body R70
Moisturises, removes traces of wax and soothes skin after waxing.



Sorbet Bye-Bye Bump Ingrown Hair Eliminator R70
The soothing mix of tissue oil, anti-inflammatory ingredients and acai berry helps eliminate ingrown hairs.



Lil-lets Intimate Care Feminine Wipes R25
Freshens your intimate area and is specially formulated to help maintain the vagina's natural pH level.

PHOTOGRAPHS ULRICH KNOBLAUCH/SUPERNOVA CREATIVE MANAGEMENT, SUPPLIED



A: Embracing your self-confidence is a surefire way to win over potential suitors. The trick of diving into the dating pool is to not overthink it, but it wouldn't hurt to have a plan. Round up your girlfriends for a night out at a club, restaurant or lounge where you feel comfortable – it's less intimidating than navigating a packed bar by yourself. Another secret is knowing which events will most likely lead to a date. Weddings, networking events and gallery openings are great opportunities to put yourself out there – even your cousin's third wedding, you never know who might be invited to that! You can also sign up to a dating app like Tinder or Bumble. Be selective of who you match with. You've taken time to become the woman you are today, so there's no point in settling for the first guy who pops up. Don't be discouraged if Prince Charming doesn't come swooping in right away. Start small and your future love might be just around the corner.

Q: I'VE BEEN FOCUSING ON A HEALTHIER LIFESTYLE AND I'VE GAINED NEW CONFIDENCE IN MY DATING LIFE, TOO – BUT I AM UNSURE ABOUT HOW TO PUT MYSELF OUT THERE AND MEET NEW GUYS



STRAIGHT TALK FROM YOUR GBF

@ZiyaadBassier

Bringing you the truth about love and dating in a way your girlfriends wouldn't dare



OUR RESIDENT EXPERT

@catrionaboffard

Sexologist Catriona Boffard answers your most pressing sex questions

Q: I HAVE HAD NO INTEREST IN SEX FOR THE PAST FEW MONTHS, BUT I DON'T KNOW WHY. IT IS CREATING TENSION IN MY RELATIONSHIP. HOW CAN I GET IT BACK ON TRACK?

A: There are many reasons for a low sex drive, including your physical, emotional and relationship wellbeing. For women, emotional wellbeing, desire and arousal are integrally linked and foreplay often starts outside the bedroom. Take time to rekindle emotional intimacy with your partner – sometimes making small changes to your sex life can put you in a different headspace about making love. Unfortunately, there is no magic pill or injection to improve your desire for sex. While you can check that your hormone levels are normal, treatment of low desire with hormones is unlikely to increase your interest in sex. What can help is redefining the way you are intimate with your partner before, during and after sex. Try giving each other a sensual massage before sex, or making one night a week just a foreplay night. Talk about sex with your partner – couples who are open about their fantasies and desires generally have more sex. You also don't have to want sex every time your partner initiates it – you can be intimate with your partner when feeling 'sex neutral', as desire often develops during the experience. Overall, it would be helpful to slow things down, try something different, and focus more on pleasure during sex than performance and goals.

TWEET us your question for our columnists #MCSex

WHAT'S THE BEST WAY TO GET BACK INTO THE DATING GAME? AND HOW DO YOU REIGNITE YOUR SEX DRIVE? OUR COLUMNISTS HAVE THE ANSWERS

EXPECT BETTER SEX WITH AGE

52%

of women over the age of 40 experience an orgasm almost every time they have sex versus 40% of women under the age of 40

COMPILED BY SARAH KOOPMAN **PHOTOGRAPHS** JANA HEYNS, GETTY IMAGES/GALLO IMAGES
SOURCE DUREX AND COLUMINATE SOUTH AFRICAN WOMEN AND THEIR SEXUAL WELLBEING SURVEY, 2014

@PLAY

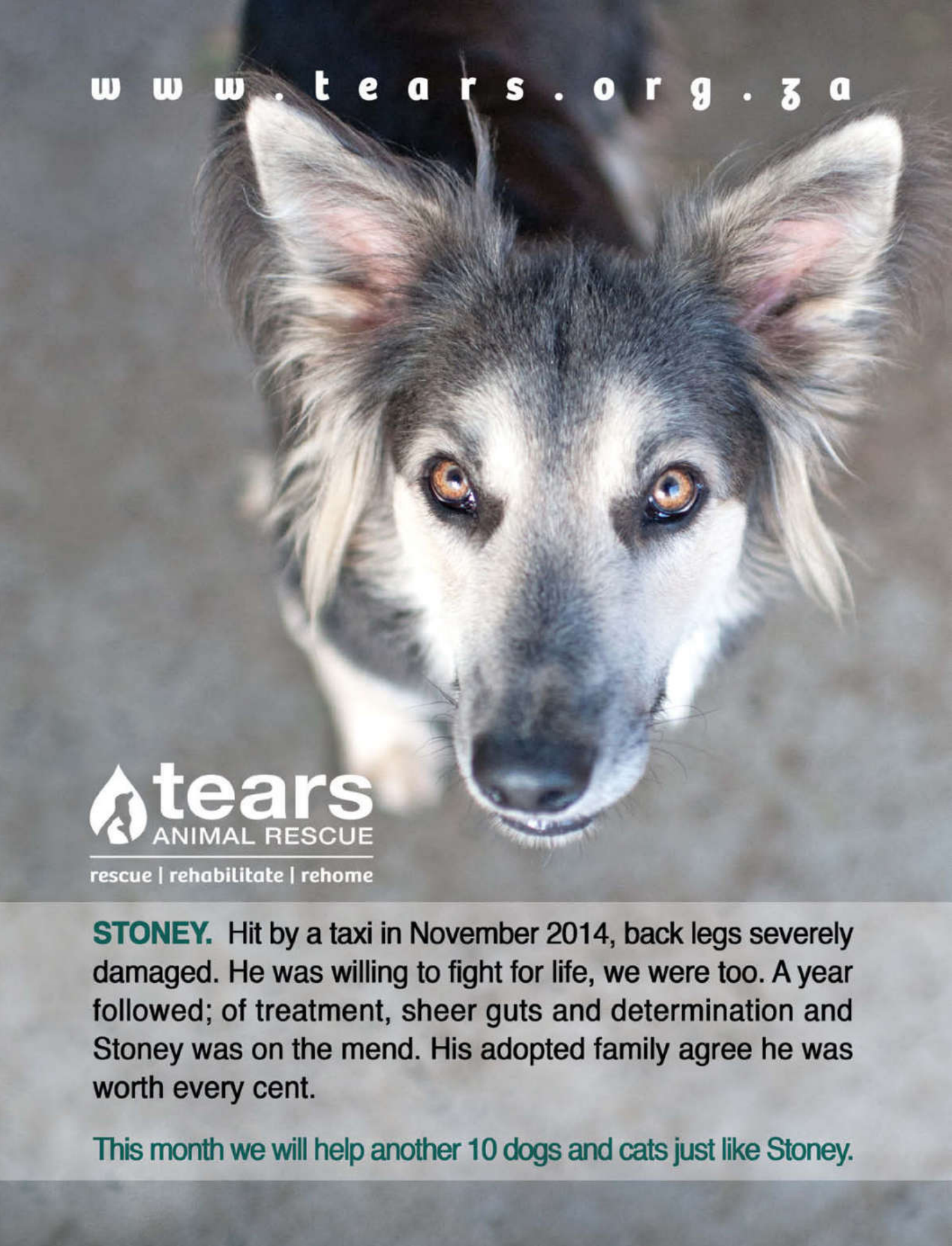
marie claire



PHOTOGRAPH STEVE TANCHEL

Take off.

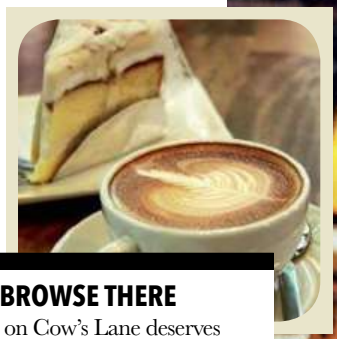
Discover the hidden side of Dublin and meet the star behind one of the hottest shows on TV...



STONEY. Hit by a taxi in November 2014, back legs severely damaged. He was willing to fight for life, we were too. A year followed; of treatment, sheer guts and determination and Stoney was on the mend. His adopted family agree he was worth every cent.

This month we will help another 10 dogs and cats just like Stoney.









SHOP HERE, BROWSE THERE

• **Queen of Tarts** on Cow's Lane deserves a visit, a latte and a slice of deliciousness. Pray to the travel gods that you're there when strawberries are in season. *Queenoftarts.ie*

• Wander down **Wexford Street** to shop and pop into one of the eateries, like the **Insomnia Coffee Company**, for a nibble and a brew (of coffee or beer!). *Insomnia.ie*

• Walking into **Mary's Bar and Hardware Store** is like dropping into Mary Poppins's handbag. The narrow bar stretches far beyond what looks possible from the outside and is a favourite of locals. *Marysbar.ie*

48 HOURS IN

DUBLIN

Cobbled streets lead not to art museums but rather to pubs, clubs and pints of beer in the city that Oscar Wilde called home

STAY HERE, SLEEP THERE

• A mere five minutes away from the historic and vibey Temple Bar district you'll find quirky hotel **The Dean**, with a rooftop bar, exquisite rooms and restaurants all in one package. The restaurant is worth a sundowner. *Deanhoteldublin.ie*

• Cronuts and cocktails on the roof? Only at **The Marker**. Next to the River Liffey and minutes from Trinity College (Oscar Wilde lists among its alumni; a beautiful college worth visiting), The Marker also has a spa. *Themarkerhoteldublin.com*

MUNCH ON THIS, SIP ON THAT

• **Bunsen** is a small hole in the wall with only seven items on the menu. It serves 'straight up burgers' with pretty amazing hand-cut fries that remind you that you are indeed in Ireland, home of the potato. *Bunsen.ie*

• **O'Neill's** pub is an adventure – several stories high with a rooftop garden, it has live music, an old distillery and an atmosphere thick enough to bottle. *Oneillsbar.com*.

• Only **The Stag's Head**, with its mismatched decor and clientele of students, holds the unofficial title of 'best Guinness in Dublin'. The bar comes highly recommended by Domhnall Marnell, master taster at the Guinness Storehouse. *1 Dame Court, Dublin 2*

PAUSE HERE, STOP THERE

• The **Literary Pub Crawl** merges Dublin's rich literary and revolutionary history and is a fun and inexpensive way to get to know Dublin. *Dublinpubcrawl.com*

• Two famous brands at home in Dublin are the **Guinness Storehouse** (*Guinness-storehouse.com*) and **Jameson Distillery** (*Jamesonwhiskey.com*). Guinness is a more immersive experience and better value for money.

• Treat yourself to a somewhat surreal **Viking Splash Tour**. An amphibious vehicle (built by the Irish female workforce during the second world war) drives through the city and then transforms into a boat and splashes into the Liffey. *Vikingsplash.com*





CLOCKWISE FROM ABOVE *O'Neill's pub; Bewley's Café; Mary's Bar and Hardware Store*



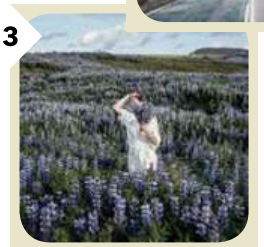
WORDS SAMANTHA STEELE **PHOTOGRAPHS** ISTOCK/GETTY IMAGES, GETTY IMAGES/GALLO IMAGES, SAM STEELE



WE HAVE THE LATEST ON WHERE TO GO, WHAT TO DO AND WHAT TO TAKE


1


2


3

#WANDERLUST

Our top three travel Instagrammers

01. Nomadic freelancer Katie McKnoulty has insider info and free travel guides for you to browse on **@thetravellinglight**

02. Find, follow and share the most beautiful local spots in South Africa on **@southafricaza**

03. **@passionpassport** is a community of travellers, storytellers and photographers posting travel inspiration from around the globe

PACKING AND PLANNING

From apps to on-the-road beauty gadgets, add these to your trip to cater for all your creature comforts

DOWNLOAD THIS

Road Tripper

With this app, you use Google Maps to plot your route, including the stops you have lined up along the way. For each planned stop, enter the name, address and expected arrival and departure dates. The app also lets you share all the details of your trip with friends and family members. *Available for free download on iOS*

PACK THAT

The Berliner weekender bag by Research Unit

Fit everything you need for a short getaway in the new Berliner weekender bag by local luxury leather-goods brand Research Unit. The bag is made from 3M Scotchgard canvas, with hand-dyed leather details and a detachable shoe bag and accessories pocket. *Researchunit.co.za*

AND REMEMBER...

Forea Luna Mini

Don't forego your skincare routine when travelling – the handy **Foreo Luna Mini (R1 900)** is a travel-sized facial-cleansing brush that you can pop into your hand luggage for deep cleansing on the go.



72-HOUR ESCAPES

Slip away from your daily routine at one of these fun festivals


1

SOUTHERN CROSS MUSIC FESTIVAL
When 22-25 September
Where Mooi River, KwaZulu-Natal
What Set up camp for a three-day music festival on the banks of the idyllic Mooi River.
southerncrossevents@gmail.com


2

HERMANUS WHALE FESTIVAL
When 2-4 October
Where Hermanus, Western Cape
What Watch the whales in the bay and enjoy music and food at the country's only enviro-arts festival.
Whalefestival.co.za


3

TASTE OF JOBURG
When 25-28 September
Where Fourways, Gauteng
What Sample food and wine from Johannesburg's top restaurateurs.
Tasteofjoburg.com

WORDS ESTEE KERSHOFF **PHOTOGRAPHS** ISTOCK/GETTY IMAGES, DAMON FOURIE/SUPERNOVA CREATIVE MANAGEMENT, SUPPLIED





PATTY PERFECTION

Rachel Khoo's *Kitchen Notebook* is a collection of recipes from her travels. Her cauliflower cheeseburger recipe is a lighter and healthier take on the classic burger patty

RECIPE

CAULIFLOWER CHEESEBURGERS

Serves 6
Preparation time 20 minutes
Cooking time 25 minutes



Extracted from *Rachel Khoo's Kitchen Notebook* by Rachel Khoo (R403, Michael Joseph)

INGREDIENTS

FOR THE PATTIES

1 small head of cauliflower (about 200g), trimmed and separated into florets
140g tinned haricot beans
85g fresh breadcrumbs
140g mature Cheddar cheese
2 tbsp chopped fresh flat-leaf parsley
a pinch of grated nutmeg
zest of 1 lemon
1 tbsp roasted chopped hazelnuts
sea salt and freshly ground black pepper
1 large egg white
2 tbsp vegetable or olive oil
1 head of lettuce
1 medium tomato, sliced

FOR THE CARAMELISED ONION CHUTNEY (MAKES 250G)

50g butter
4 red onions, thinly sliced
pinch of sea salt
150ml red wine vinegar
2 tbsp raisins, finely chopped
2 tbsp soft brown sugar or lime or lemon juice

Method • Steam the cauliflower florets for 7-8 minutes, or until tender. Take off the heat, drain and leave in the colander to cool. • In the meantime, start making the red onion chutney. Put the butter in a frying pan on a low heat, then add the onions and salt. Fry for about 20 minutes, or until sticky and soft. • Add the vinegar, raisins and sugar, and cook for another 5 minutes, or until glossy and reduced. Check the seasoning. • When the cauliflower is cool, put the haricot beans into a food processor and pulse, then add the cauliflower and pulse lightly. Don't overwork it as the mixture will get sloppy. Place in a bowl and add 1 tbsp of breadcrumbs. • Grate 80g of the Cheddar and add to the bowl, along with the parsley, nutmeg, lemon zest and hazelnuts. Season with salt and pepper, and form the mix into 6 patties, about 6cm in diameter each, in the palms of your hands. • Lightly whisk the egg white in a bowl, and put the rest of the breadcrumbs on to a plate. Brush each patty all over with egg white and press into the crumbs, making sure they are well covered. • Put the oil into a large frying pan on a medium-high heat. When hot, cook the patties in batches for 3-4 minutes on each side, until nice and crisp and golden. • Slice the remaining Cheddar and put a slice on top of each patty while in the pan to melt. • Place each patty in a lettuce leaf, add a slice of tomato and serve with a generous spoonful of home-made chutney.

RACHEL SAYS

01. Serve with toasted open pitta bread or brioche bun if you want a more 'classic' burger.

02. Get ahead by freezing the cauliflower patties on a tray, before coating in the egg white and breadcrumbs. When you need them, defrost, coat in egg white and breadcrumbs and fry in a pan as per the recipe.

PHOTOGRAPHS REX FEATURES, SUPPLIED

SHOP TALK

Johannesburg fashion fanatics can complement their designer wardrobes with designer homeware thanks to the newly opened Grays Home Store in Melrose Arch. The luxe store is the place to shop for premium homeware from international brands such as Hugo Boss Home, Calvin Klein Home, Ralph Lauren Home and Kenzo Maison. **Shop HL63, Melrose Arch, Johannesburg**

HEX SIDE TABLES **R2 200 EACH** STUDIO 19

MATTHEW WILLIAMSON

ROBOT CONTAINER **R849** CERAMIC FACTORY

PLACEMAT **R20** MR PRICE HOME

LOLITA FLOOR LAMP DESIGNED BY NIKA ZUPANC FOR MOOOI **R17 600** CRÉMA DESIGN

BOWL **R65** SIDE PLATE **R65** DINNER PLATE **R70** WOOLWORTHS

PRESENT TIME WALL CLOCK **R499** SUPERBALIST

SPRING SORBET

Refresh your interior with hot items in cool pastel hues

LANTERN **R200** MR PRICE HOME

POUFFE **R800** MR PRICE HOME

TUMBLERS **R35 EACH** WOOLWORTHS

SOURCE WIRE CHAIR BY HALDANE MARTIN **R6 022** LEON AT CCXIX

FOLLOW ME 1 AND FOLLOW ME 2 CADDIES BY ANTONIO CITTERIO FOR VITRA **FROM R25 820** CRÉMA DESIGN

COMPILED BY ESTEE KERSHOFF **PHOTOGRAPHS** IMAXTREE.COM, SUPPLIED

AGENDA

WHO/WHAT/WHERE/WHEN

MASTER OF TV

LIZZY CAPLAN *HAS LONG GRADUATED FROM* MEAN GIRLS *AND IS NOW THE STAR OF* MASTERS OF SEX. MARIE CLAIRE *SPEAKS TO HER ABOUT THE AWARD-WINNING SHOW*

It seems like TV is the place for strong female characters at the moment. Why do you think that is? Roles for women have always been better in TV than in film, in my experience. It seems like people are more willing to accept a complicated woman rather than a trope on TV. Maybe because of the longer plot lines, you get to know the character better. It's an exciting time to be an actor.

Which aspects of your character, pioneering sex researcher Virginia Johnson, do you identify with? I think Virginia is better at compartmentalising. She can easily be a different person to different people. I can't function like that.

After three seasons, the relationship between Virginia and Bill has gotten increasingly intense. Is it awkward to do sex scenes? No, we're so past that. We show up and try our best to make the scene serve the greater story. The nerves don't exist any more.

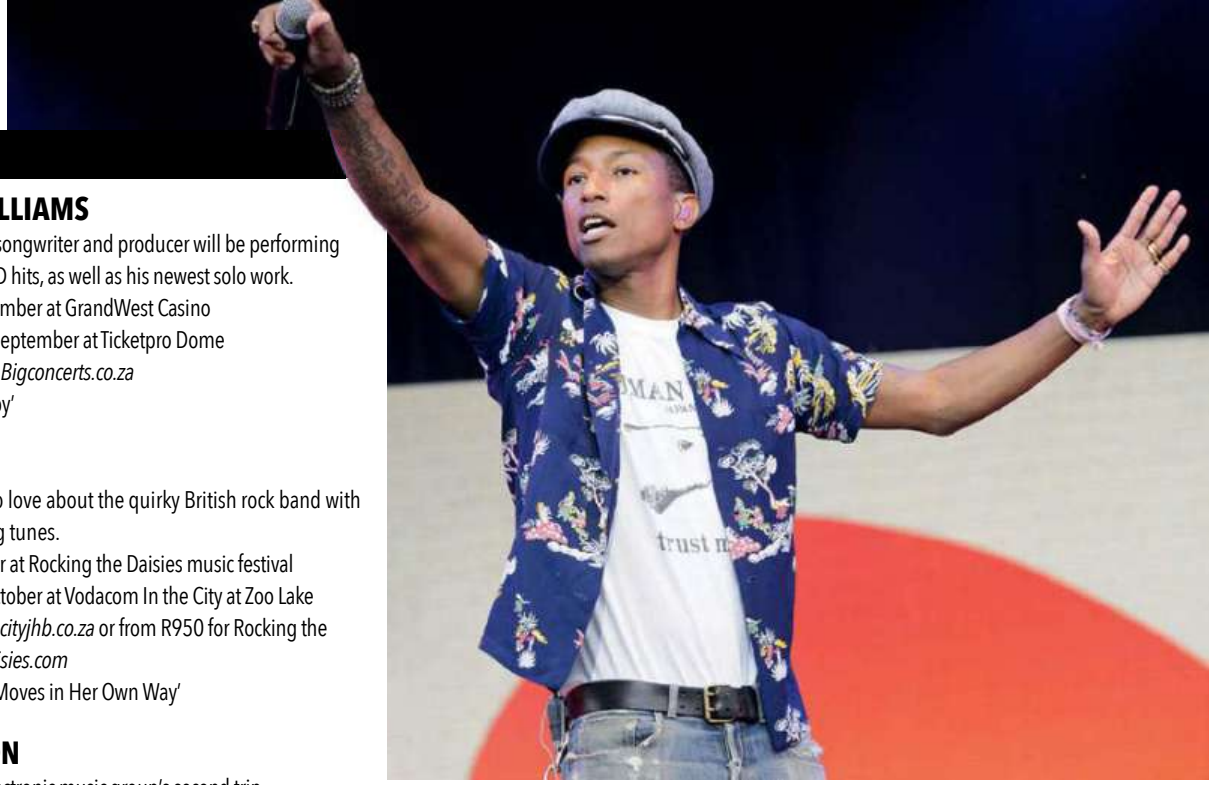
What was the hardest scene for you? There's one episode where Masters and Johnson take on a very unorthodox case – they treat an animal. That was quite difficult.

Why do you think people are still uncomfortable talking about sex? I ask myself that all the time. I think in the US, we have very puritanical roots. Other countries are more open about it. It's the most natural act so you'd think we'd be more comfortable with it. But I think it's tied to vulnerability and that's part of what makes us uncomfortable.

How have your friends and family responded to the show? They've been unbelievably supportive and proud. My parents and their generation still remember the time the show is set in and the book Masters and Johnson wrote, so it's exciting for them to watch the show.

Masters of Sex *S3 starts on 15 October on M-Net Edge*





1 PHARRELL WILLIAMS

The uber-cool singer, songwriter and producer will be performing a mix of classic N.E.R.D hits, as well as his newest solo work.
Cape Town 21 September at GrandWest Casino
Johannesburg 24 September at Ticketpro Dome
Tickets from R395 at *Bigconcerts.co.za*
Play this now 'Happy'

2 THE KOOKS

There's nothing not to love about the quirky British rock band with their catchy singalong tunes.
Cape Town 3 October at Rocking the Daisies music festival
Johannesburg 4 October at Vodacom In the City at Zoo Lake
Tickets R495 at *Inthecityjhb.co.za* or from R950 for Rocking the Daisies *Rockingthedaisies.com*
Play this now 'She Moves in Her Own Way'

3 LITTLE DRAGON

This is the Swedish electronic music group's second trip to South Africa and we can't wait to soak up their laid-back, easy-does-it sounds.
Cape Town 16 October
Johannesburg 17 October
Tickets from R350 at *Webtickets.co.za*
Play this now 'Twice'

LOUD AND LIVE

SOME BIG NAMES ARE COMING TO OUR SHORES – MAKE SURE YOU CATCH THEM ON STAGE

THIS MONTH'S BIG SCREEN MUST-SEES

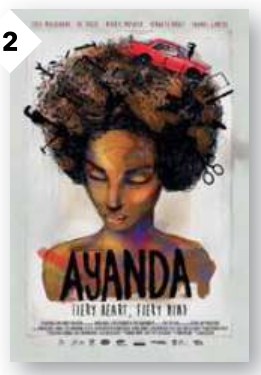
1



THE INTERN

A kooky comedy about a fashion e-commerce CEO (Anne Hathaway), who takes on a widower (Robert De Niro) as part of a seniors internship programme, that proves how valuable the relationship between young and old can be. *In cinemas 25 September*

2



AYANDA

This heart-warming South African story debuted at Cannes this year, telling the tale of a young girl who takes over her father's auto-repair shop. The film, co-produced by Terry Pheto, follows her as she navigates this male-dominated space while growing up. *In cinemas 2 October*

3



PAN

Starring Hugh Jackman as a pirate captain, Rooney Mara as Tiger Lily and Cara Delevingne as a mermaid, director Joe Wright (*Atonement*) reimagines the Peter Pan story in this origins film about how the boy who wouldn't grow up came to Neverland. *In cinemas 9 October*

IT'S PLAYTIME!

LET YOUR HAIR DOWN AND YOUR INNER CHILD OUT TO PLAY AT THESE INDOOR ACTIVITY VENUES



BOUNCE INC

Home to more than 100 connected trampolines that cover the floor and even the walls, Bounce Inc in Midrand offers fitness classes, kids' parties and advanced trampoline classes – or you can just bounce off the walls with your friends. *Bounceinc.co.za*

JUMP AROUND

This indoor trampoline park in Cape Town has 1 000m² of trampoline where, apart from bouncing around, you can also play basketball, dodgeball and soccer – yes, on a trampoline. *Jumparound.co.za*

ROLLING CHERRY

Roller skates, a bar and a karaoke room – what more could you ask for? Head down to Rolling Cherry in Johannesburg for the best retro night ever. We're thinking Beyoncé in the 'Blow' video for outfit inspiration. *Rollingcherry.co.za*

WHAT YOU THINK ABOUT... BEAUTY

WE POLLED YOU ON EVERYTHING FROM YOUR GO-TO PRODUCTS TO HOW OFTEN YOU REMEMBER TO REMOVE YOUR MAKE-UP. HERE'S WHAT'S ON YOUR MIND



YOUR ULTIMATE PRODUCT SPLURGE IS

80% A serum

20% A concealer

DO YOU HAVE GO-TO PRODUCTS?

60% *Yes, my make-up has been the same for years*

40% *No, I like to experiment with new products*

THE AT-HOME BEAUTY JOB YOU DO BETTER THAN YOUR SALON?

- **40%** DEEP-CLEANSING FACIAL
- **25%** HAIR COLOUR TRANSFORMATION
- **20%** A GORGEOUS MANI/PEDI
- **15%** EYEBROW THREADING

WHEN IT COMES TO LIPSTICK, ARE YOU A SHINE OR MATTE GIRL?

- **60%** MATTE
- **20%** SHINE
- **20%** DEPENDS ON THE LOOK I'M GOING FOR



WHAT IS YOUR DREAM LOOK TO BE ABLE TO DO YOURSELF?

- **40%** The smoky eye
- **40%** Perfect brows
- **20%** Cat-eye eyeliner

DO YOU REMOVE YOUR MAKE-UP BEFORE GOING TO SLEEP?

60% *Always*

40% *When I remember to*

marie claire .co.za

POLL

Tell us all about your health and fitness. Take the poll on our website



MORE THAN JUST PRETTY IN PINK

Usher in the season at the sixth annual **CINTRON PINK POLO** *event at Val de Vie Estate in the Cape winelands. Apart from being a stylish afternoon filled with fashion, world-class polo and, of course, wine, the Cintron Pink Polo also benefits breast cancer awareness, treatment and research. This year, funds from the event will go to Reach For Recovery, a non-profit that supports breast cancer patients and their families.* Valdevie.co.za

DATE Saturday 7 November 2015
VENUE Val de Vie Estate, Paarl
DRESS Smart casual, in pink or white
TICKETS from R50-R550 from Computicket

THE BEST COLD-BREWED COFFEE

Cape Town
ROSETTA ROASTERY
Made from single origin Ethiopian Yirgacheffe coffee and served black over ice.
Woodstock Exchange, 66 Albert Road
Rosettaroastery.com

Johannesburg
FATHER COFFEE
Made from dried Konga coffee berries and served over ice. Try it black to emphasise the sweet berry taste.
73 Juta Street, Braamfontein.
Fathercoffee.co.za

Durban
THE FACTORY CAFÉ
Extracted three times over 16 hours and served with ice and milk.
369 Magwaza Maphalala Street, Glenwood
Factorycafe.co.za



The Factory Café

STOCKISTS

Adidas Adidas.co.za
Afraid of Mice Afraidofmice.com
Arthur Kaplan Arthurkaplan.co.za
Babette Babetteclothing.co.za
Billabong 021 421 9923
Browns The Diamond Store Brownsjewellers.com
Burberry 011 325 5923, 021 425 8933
Callaghan Collezioni Callaghan.co.za
Call It Spring 011 784 1597, 021 551 1527
Cape Union Mart Capeunionmart.co.za
Cartier 011 317 2600
Castelo 011 883 8767
Catheryne Gaeyla Fashion Cgfashion.co.za
Ceramic Factory Ceramicfactory.co.za
Clarks 011 675 7377
Colette Hayman 021 551 7552
Cotton On Cottonon.co.za
Country Road Countryroad.co.za
Créma Design Cremadesign.co.za
Day Birger et Mikkelsen 011 447 0839
Designer Collection 021 761 3044
Dumond 011 784 0305
Emporio Armani 011 268 0219, 021 425 7083
Europa Art 011 883 5354
Fashion Express 021 529 3068
Forever21 021 555 3324
Forever New 011 465 1829, 021 555 3713
Fossil Accessories South Africa 021 418 0045
Galleria Fortunata 021 423 2504
G-Star Raw 011 784 0321, 021 418 9000
Guess 011 883 8391, 021 674 0924
H&M 021 826 7300
Hugo Boss 011 884 1425, 021 418 8328
Karen Millen 011 784 2937
Kirsten Goss 011 447 2234, 021 424 345
Leon at CCXIX Leonat219.com
Longchamp 011 268 0263
Louis Vuitton 011 784 9854, 021 405 9700
Lovisa 011 431 3610, 021 551 1051
Luisa Spagnoli 021 418 1691
Luxco Luxco.co.za
Mimco Mimco.co.za
Missibaba Missibaba.com
Montblanc 021 421 5015
Mr Price Home Mrphome.com
Nine West Ninewestsouthafrica.co.za
Palazzo Pitti 082 894 6740
Paul Smith 011 447 1074, 021 424 0354
Piaget 0800 600 035
Picot & Moss Picotandmoss.co.za
Prada 011 326 7517
Puma 087 230 7306
Safilo 0861 723 456
Scotch & Soda 011 784 3233
SDM Eyewear 011 334 7020
Simon and Mary Simonandmary.co.za
Studio 8 Hyde Park 011 325 4255
Studio 19 Studio19.co.za
Superbalist Superbalist.com
Sissy Boy 021 506 4600
Spitz Spitz.co.za
Ted Baker 011 450 1156
That's it! 011 268 6674
Tiger of Sweden 011 784 0561, 021 421 9177
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Topshop 011 685 7070, 021 419 5900
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Versace Collection 011 268 0266
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CONTRIBUTORS SARAH KOOPMAN, DEVAKSHA VALLABHJEE **PHOTOGRAPHS** GETTY IMAGES/GALLO IMAGES, REX FEATURES, ISTOCK/GETTY IMAGES, SUPPLIED



Maya Adam





THE SIMPLE TOOL GIVING HEALTH AND HOPE TO MOTHERS

Through home visits and the innovative use of technology, the Philani Mentor Mother programme is reaching – and helping – even more township mothers and children

The Philani Maternal, Child Health and Nutrition Project in Cape Town's Khayelitsha township has been working to promote child health and nutrition since 1979. The clinic provides services to mothers and children and supports income-generating projects as well as educare programmes for children.

Mentor Mother programme

In 2002, Philani launched its Mentor Mother programme, spearheaded by Standford University educator Maya Adam MD. The programme reaches out to mothers who can't access the centre's clinic-based nutrition rehabilitation programme. Home visits are done by trained community members who help mothers whose children are at risk of dying from malnutrition and lack of adequate health care. 'The programme is designed to support mothers to raise healthy, well-nourished children and to help them to take charge of their own lives,' says senior programme manager Nokwanele Mbewu.

Teaching with technology

Maya and the Stanford University School of Medicine created picture-based health education videos to support the Mentor Mother programme. The videos are loaded on to tablets, which the mentor mothers use to provide guidance and support to mothers in their communities. The videos, narrated in Xhosa to help overcome literacy barriers, are designed to teach new mothers about the growth and development of their babies and children as well as provide information on nutrition and illnesses. The mentor mothers are a trusted and non-judgmental force in their communities, and draw on their own experiences to teach the women they work with. They are often the first point of contact for parents who need medical assistance, and assist mothers not only with rehabilitating malnourished children but also give practical assistance like helping them apply for grants.

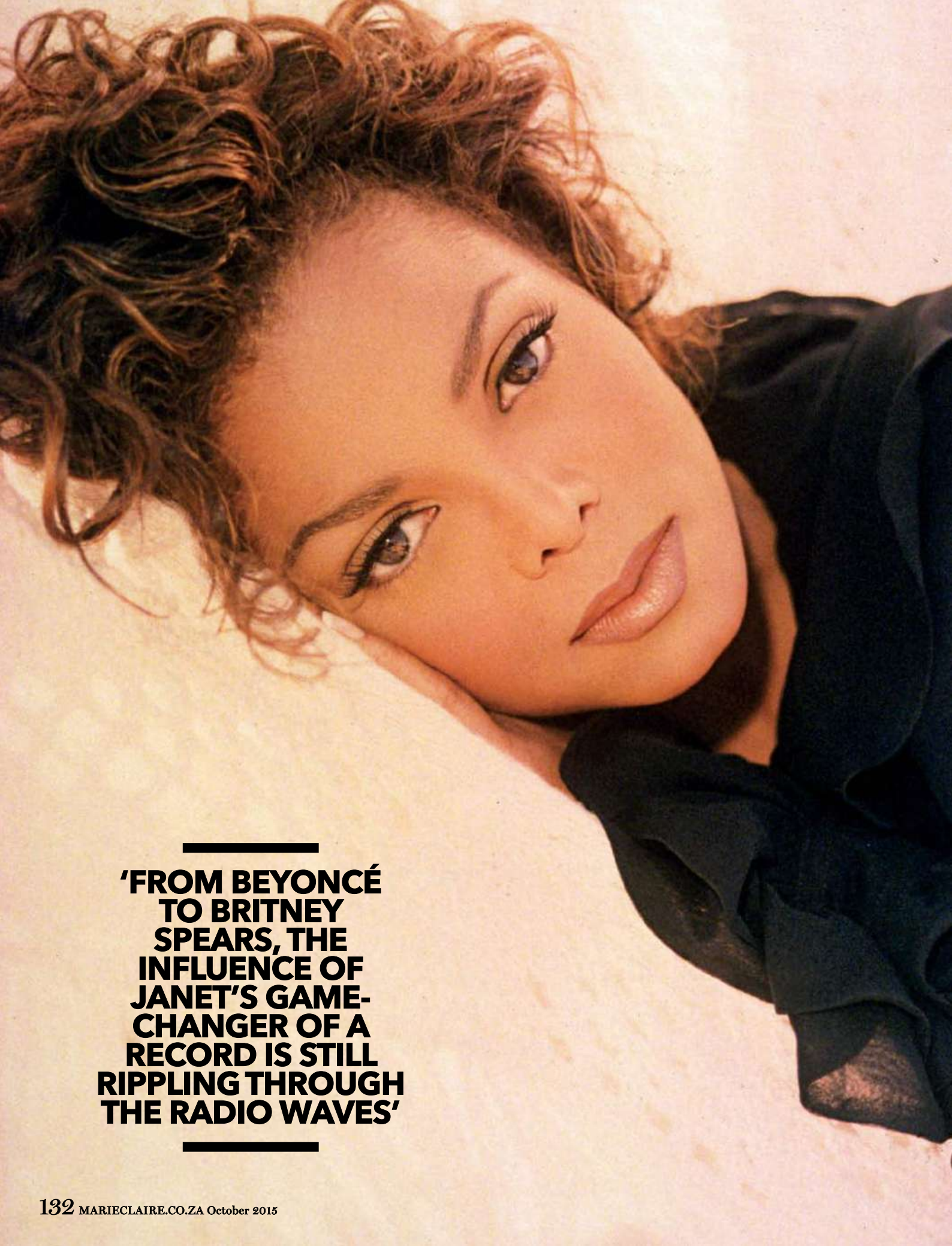
MENTOR MOTHERS BY NUMBERS

- Since the beginning of 2014, mentor mothers have visited more than **192 400** households.
- There are **248** children enrolled in the Philani educare classes.
- **50** women benefit from Philani skills development on its income-generation programme.
- In Cape Town townships and surrounds, there are more than 100 mentor mothers working with **60 000** families.

YOU CAN HELP

Find out how you can get involved with volunteering or donating to Philani's Mentor Mother programme
Philani.org.za

PHOTOGRAPHS SUPPLIED



'FROM BEYONCÉ TO BRITNEY SPEARS, THE INFLUENCE OF JANET'S GAME-CHANGER OF A RECORD IS STILL RIPPLING THROUGH THE RADIO WAVES'

Words VANESSA MCCULLOGH

THAT'S MISS JACKSON *TO YOU*

Forget Madonna and Whitney – by the end of the 80s there was only one name on everyone's lips: Janet Jackson. Her groundbreaking music and videos paved the way for today's female stars and seven years after her last album, she's back

@nessmcculloch

THE FACE ON the 'missing' flyer is instantly recognisable: the cheekbones, the plunging cleavage, the 90s styling. 'Missing from the entertainment industry,' reads the mock poster that did the rounds on social media. 'Seriously, Janet, where the hell are you? Come back and show these young whippersnappers how it's done!' it says.

That plea has finally been answered. With new music seven years in the making, Janet Jackson is back. In a teaser video released in July 2015, her feathery soft voice coos a promise: 'This year – new music, new world tour, a new movement.'

Tabloid headlines in the last few years have delighted in her fluctuating weight and marriage to Qatari billionaire Wissam Al Mana but, said *I-D* magazine earlier this year, 'people forget the important part she played in shaping popular culture.' *The Atlantic* called her 'the most culturally significant female artist of the 1980s'.

Yet Janet's career was not off to an earth-shattering start. Her first two albums, produced under the beady eye of her domineering father, Joe Jackson, garnered a lukewarm response, while her brother Michael was wowing the world with *Thriller*. But everything changed with her 1986 album, *Control*.

Fresh from a divorce after a hasty teen marriage to soul singer James DeBarge, she fired her father as manager and teamed up with Jimmy Jam and Terry Lewis (who'd helped Prince on his path to fame). The album merged dance, pop and R&B with autobiographical lyrics. One line from the hit 'Nasty', 'My first name ain't baby, it's Janet – Miss Jackson if you're nasty', became a pop culture catchphrase. The album went to number one, selling 14 million records worldwide. Twenty-year-old Janet was a star.

Things only got better with the release of her album *Rhythm Nation 1814* three years later. Her look was instantly in vogue: military jackets



FROM TOP *The Jacksons in 1977, with Janet in front; at the 2005 Soul Train Music Awards; with her brother Michael at the 1993 Grammy Awards; Janet and Tupac Shakur in the 1993 film* Poetic Justice

and boots, tight black pants and oversized white shirts became trending fashion items. Lyrics grappled with gritty subject matter like drugs, crime and homelessness. 'It made you want to dance and change the world at the same time,' wrote Joseph Vogel in *The Atlantic*.

With the album came her debut world tour, with several reviews suggesting that Janet's dance moves were even more mesmerising than that of the other Jackson kid whose name was on everyone's lips. 'Her brother Michael's moonwalk? Forget it,' wrote *The Seattle Times*. 'That was yesterday's space programme. Class dismissed.'

Janet's career soared as high as Michael's, if not higher. *Rhythm Nation 1814* was the biggest-selling album of 1990, and the first album to have seven commercial singles peak within the top five, a record that is still unbeaten. In 1991, she broke another best when she signed the first of two multimillion-dollar deals with Virgin Records, becoming the highest-paid artist in history (a record broken a week later when Michael signed with Sony). 'We were taught to win,' she told *Rolling Stone* in 1996. 'Michael and I aren't very happy with anything less than first place.'

Janet Damita Jo is the youngest of the nine Jackson children. Although Janet once told Oprah her choice of favourite brother 'changed all the time', Michael and Janet were close. When she started performing at the age of seven at the MGM Casino in Las Vegas, doing impressions of singers like Cher and Mae West, it was Michael who helped her practice. She presented Michael with the Legend Award at the 1996 Grammys, calling him her 'role model'. And when he appeared in court facing child molestation allegations in 2005, Janet showed her solidarity by wearing a T-shirt stating 'I'm a pervert too'.

Throughout her career, Janet has remained mostly tight-lipped about her family. In 2008, at the launch of her 10th album, she told *The Observer*, 'I've finished talking about Michael. I've done it all my career.' Sadly, that was never going to be possible. A year later Michael was dead and Janet acted as spokesperson for the family. At the MTV awards that year she did a spectacular dance tribute of their duet hit *Scream*. The two were dancing in unison for the last time, with Michael mirroring her moves on the giant screen behind her.

JANET BY NUMBERS



4
The number of piercings she has: ears, nose, navel and labia.

7
How many minutes it took to sell out Japan's Tokyo Dome for her debut world tour, Rhythm Nation 1814. The album has sold more than 20 million copies.

41
Singles that have made it to the Billboard number-one spot.

540 000
Public complaints about 'Nipplegate'.

$7 million
The cost of making the music video for Janet and Michael's 'Scream' (about R89 million). At the time it was the most expensive music video in history and won Best Video at the 1996 Grammys.

$175 million
Janet's estimated personal wealth, with $5 million (about R63 million) for her role in the Eddie Murphy comedy The Nutty Professor II.



FROM TOP *The 'Scream' music video with Michael Jackson; 'Nipplegate' with Justin Timberlake; Janet and her husband, Wissam Al Mana*

Janet says she grew up wanting to be a jockey or a lawyer, and that acting was her first love – but it was singing that was decided upon for her by her manager father. Aged 11 she had her first acting role on the sitcom *Good Times*, followed by a stint in *Fame*.

'Janet Jackson gives off a good-girl vibe that only a cad would challenge,' wrote David Ritz in 1993 – the year that her sexually suggestive album *Janet* was released. His article suggested that Janet was a mix of oh-so-sweet and sex appeal, with the latter now coming to the fore. 'Janet is so hot,' said René Elizondo, her boyfriend and creative cohort, 'it should have come with a condom.' The sexually charged music video for the song 'If' pushed boundaries and is said to have influenced the likes of Rihanna and Kesha – once again, Janet was laying it down for others to follow.

Despite these kinds of performances, it was the infamous 'wardrobe malfunction', where her nipple was exposed on stage at the 2004 Super Bowl half-time show, that has become her most sensational and publicised moment. Public outcry followed, which affected the sales of her eighth album, *Damita Jo*. ESPN called it 'the worst case of mass hysteria in America since the Salem witch trials'. 'Nipplegate' entered *Guinness World Records* that year as the most searched-for item in internet history.

Fast forward to 2015 and Janet is still doing what she does best: breaking records and setting new standards. Her new contract with BMG includes the launch of her own label, called Rhythm Nation Records, making her the first African-American female musician to head up a label. 'She created a blueprint that hundreds of artists have followed, from Britney Spears to Lady Gaga,' says Joseph Vogel in *The Atlantic*. The new album's title, *Unbreakable*, reportedly refers to the 'bonds of love'. Janet, we're happy to see you back – now it's time to show us what you've got. **mc**

PHOTOGRAPHS REX FEATURES, GETTY IMAGES/GALLO IMAGES

OCTOBER 2015

Jonathan Cainer's monthly forecast

LIBRA *(24 September – 23 October)*

I insist that you can negotiate with fate. My job is to show you a pencil drawing of your future. Yours is to choose how you ink it in. Events this month give you tremendous potential power and freedom. Trust yourself.
Call MTN 083 900 8536 or Vodacom 079 008 4034

SCORPIO *(24 October – 22 November)*

You are never overly eager to create change, but you can see the sense in accepting the inevitable. You can see, too, that this need not be a sacrifice. This month you will profit greatly, emotionally and materially, from your ability to move on from the past and embrace a new era. ***Call MTN 083 900 8536 or Vodacom 079 008 4034***

SAGITTARIUS *(23 November – 21 December)*

Special celestial influences over the past few months have helped you to prepare for and protect yourself against a potentially trying time. This month, you will rise triumphantly above a dismal prospect. ***Call MTN 083 900 8536 or Vodacom 079 008 4034***

CAPRICORN *(22 December – 20 January)*

There is hardly a force in this world that you can't get the better of if you apply yourself. But don't you have better things to do in October than wrestle with the near impossible, just so you can show it who's boss? This month brings a cosmic indication to try a new tack. ***Call MTN 083 900 8536 or Vodacom 079 008 4034***

AQUARIUS *(21 January – 19 February)*

You will make good progress with a plan or project in October. But there will come a point when you will begin to wish you had never started. All will be fine. ***Call MTN 083 900 8536 or Vodacom 079 008 4034***

PISCES *(20 February – 20 March)*

If life did not bring irritation and aggravation, it wouldn't be real. And if it didn't bring inspiration and elevation, it wouldn't be fair. There will, of course, be moments in October when you start to wonder what you have done to offend the gods. But there will be many more moments when you just gratefully accept your rewards. ***Call MTN 083 900 8536 or Vodacom 079 008 4034***



ARIES *(21 March – 20 April)*

To see what October holds, I'm using my crystal ball. I see confusion and uncertainty. Mercury and the new moon, in your opposite sign, while Mars opposes Neptune, all point to a month during which a tricky relationship improves. ***Call MTN 083 900 8536 or Vodacom 079 008 4034***

TAURUS *(21 April – 21 May)*

While many applaud your caution, some are aghast at your reticence. Take a leap into the great unknown and give the angel of spontaneity a chance to spread her wings of hope. That will be the upshot of the brave gesture of faith that life obliges you to make this month. ***Call MTN 083 900 8536 or Vodacom 079 008 4034***

GEMINI *(22 May – 22 June)*

Expect to discover that things are not as regrettable as you feared. You have been steeling yourself to pay a high price for your past. Prepare to discover that, really, you got a bargain. Things have started working out very well. You may yet have reason to reclassify a mistake as a good move. ***Call MTN 083 900 8536 or Vodacom 079 008 4034***

CANCER *(23 June – 23 July)*

You are sensitive and supportive and many have come to depend on your listening ear and reassuring voice. This can place strain on your inner resources but you are happy to share. In October, you will gain an expanded sense of happy home and heart. ***Call MTN 083 900 8536 or Vodacom 079 008 4034***

LEO *(24 July – 23 August)*

You've been wondering what you might need to do this month. You've explored options yet none have inspired a desire for commitment. Though it may look as if push is coming to shove, the two are only growing close. You can build a bridge between them and, when the time comes, you will know exactly how. ***Call MTN 083 900 8536 or Vodacom 079 008 4034***

VIRGO *(24 August – 23 September)*

You must be hoping to hear good news or you would not have turned to this page. It all fits right in with a natural sense of sin and guilt that many of us secretly suffer from. How dare you imagine that we deserve delight? Whether or not you dare, in October this becomes truly possible. ***Call MTN 083 900 8536 or Vodacom 079 008 4034***

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WORDS JONATHAN CAINER **ILLUSTRATION** DANICA RICCIARDI

LEANNE DLAMINI

The Sama award-winning R&B singer and *Strictly Come Dancing South Africa* finalist on her new single and how her perfect day starts



1

CAREER HIGHLIGHT
Winning my two South African Music Awards (Samas)
LOW POINT
Radio stations not playing my songs

2

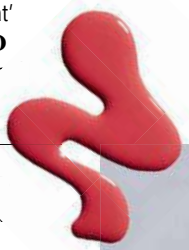
GREATEST FEAR YOU HAVE CONQUERED
Childbirth
STILL INTIMIDATED BY
Roadblocks. They freak me out completely





3

SUBJECT I CAN'T STOP TALKING ABOUT LATELY
My new single, 'No Sweat'
SUBJECT I AVOID
Gossip – I'm trying really h



4

SKILL MASTER
Doing my own hair and ma for shows
STILL WORKING ON
Painting my nails like a pro



5

ENDLESSLY CURIOUS ABOUT
Beyoncé's creative process
ZERO INTEREST IN
Competing with anyone. I'm running my own race

6

THE PERFECT DAY BEGINS WITH
Prayer and a cup of coffee
AND ENDS WITH
Prayer and hot water with lemon



7

LOOKING FORWARD TO
My next holiday
GLAD IT'S BEHIND ME
The past year. Losing my dad was very hard on me and my family



8

WOULD PAY GOOD MONEY FOR
Tickets to watch Beyoncé perform
WOULDN'T TAKE IT EVEN IF IT WAS FREE
Butt implants



9

TOO MUCH IN MY LIFE
Love – and I'm incredibly grateful for it
NOT ENOUGH OF
Me-time



10

WOULD TRY ONCE
Any exotic delicacy, maybe a bug covered in chocolate or something!
NEVER FOR ME
Extreme sports

11

ALWAYS UP FOR
A trip to Dubai
WOULD ALWAYS MISS
My keyboard lessons in high school. Now I could kick myself for bunking!

12

MOMENT OF TRIUMPH
My first MC gig – public speaking scares me
EPIC FAIL
Forgetting lyrics on stage



13

GREATEST VICE
Shopping for my kids
GREATEST DISCIPLINE
My diet and exercise regime

14

WORTH THE WAIT
My dream home
NO PATIENCE FOR
Rude people

15

I ALWAYS LAUGH AT
Trevor Noah
I ALWAYS STRESS ABOUT
Work

@iamleannemusic

COMPILED BY DEVAKSHA VALLABHJEE **PHOTOGRAPHS** ISTOCK/GETTY IMAGES, SUPPLIED


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